

THE NUMBER-ONE MAGAZINE FOR LEARNING AND TEACHING ENGLISH!

# Learn **hot** English magazine

No.179

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## HOW TO IMPROVE YOUR LISTENING SKILLS!

LOTS OF  
DIFFERENT  
ENGLISH  
ACCENTS!

THE GOLDEN HAND HORROR STORY

GHOST  
TOWNS

LUNCHTIME  
FOOD FROM  
AROUND THE  
WORLD!

MUSIC IN ENGLISH  
ELVIS

APRIL FOOL'S DAY JOKES!



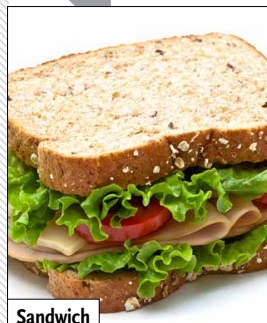
**PLUS...** PHRASAL VERBS, GRAMMAR, IDIOMS, VOCABULARY,  
USEFUL EXPRESSIONS... AND MUCH, MUCH MORE.





# LUNCHTIME FOOD

What do you have for lunch? Choose from the food below.



Sandwich



Bagel



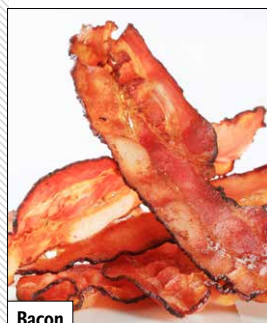
Salad



Smoked salmon



Muffin



Bacon



Egg



Rice



Pasta



Meat



Fish



Soup



Fruit



Lasagna



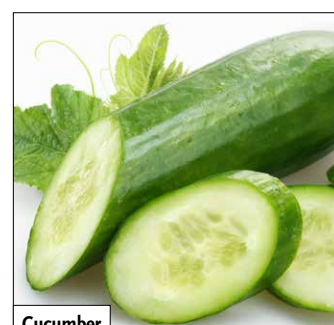
Pizza



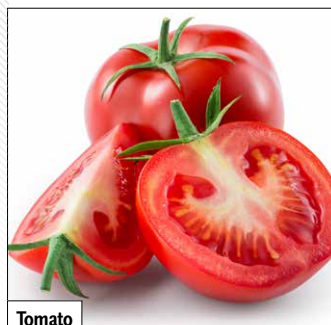
Burger



Chips



Cucumber



Tomato



Lettuce



Chicken



A packet of crisps



**Objective** To improve your reading and listening skills.

**Think about it** What do you have for lunch during the week? Where do you have it? Who do you have it with? What are your favourite restaurants to go to for lunch? Do you ever take a packed lunch? What do you take with you? What do you have for lunch at the weekend? Do you cook food for lunch? What do you make?

**Exams** This reading and listening activity will help prepare you for English exams such as KET and TOEFL.

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I LOVE LUNCH!

By Lucile Julien

# LUNCHTIME!

**W**hat do you have for lunch? We asked several people what they eat during the day.

**Alex, New York City (USA)**

I work in an advertising agency, and we're really **busy**, so I usually only have time for a sandwich, bagel or a salad for lunch. My favourite is a smoked salmon and cream cheese bagel. On Sundays, dad often makes **brunch**, with **Eggs Benedict** or some **French toast**, which is delicious!

**Pablo, Valencia (Spain)**

I eat at my desk most days. There's a **canteen** where I work, but I don't like the food there, so I bring in a lunch box with some rice or pasta, and meat or fish. For a couple of days a week, I go to a restaurant to get a "menu del día". This is a **set menu** that consists of a **starter**, **main course** and **dessert**. It's really cheap – just €9 or €10 (depending on the restaurant) and really good value for money. Typical things include a soup or salad as a **starter**, and then meat or fish as the **main course**. I usually have

fruit for dessert.

**Lucie, France**

I'm studying, so if I'm at home, I'll have something simple like a salad or some pasta. If I've got some time (and money!), I'll go to a restaurant and get a "Plat du jour" (a set meal of the day). This includes a salad, a main dish (a hot dish with meat or fish), and a dessert or a cup of coffee. It usually costs between €12 and €30, depending on the area. The salads are usually at a **self-service salad bar** with cucumber, tomato, lettuce and so on, and for dessert you can get something like a "tarte de pomme" (an apple pie). Sometimes, if I don't have much time, I'll just get a sandwich from a food kiosk or even a burger from a fast food restaurant.

**John, London**

I work in an office in the City of London. If I've got a bit of time, I might get a **pub lunch** and have something like a **Cornish pasty** and chips. Other times, I might just get a sandwich. My favourite **fillings** are Coronation chicken (which is chicken in

a curry sauce), or a toasted cheese or bacon sandwich. I'll often get a packet of crisps and a **can** of Coke or Fanta to go with it. I know it isn't very healthy, but it's usually all I've got time for. \*

## GLOSSARY

- busy** *adj*  
if you're "busy", you've got a lot of things to do and not much time
- brunch** *n*  
a meal you eat as a kind of early lunch or late breakfast. The word "brunch" comes from **breakfast** + **lunch**
- Eggs Benedict** *n*  
see the recipe section in this magazine for an description of this dish
- French toast** *n*  
to make "French toast", first you beat an egg. Then, you put a piece of bread in the egg mixture. Finally, you fry the bread
- a canteen** *n*  
a type of restaurant in an office, a college, a hospital...
- a set menu** *n*  
a special meal at a restaurant with a fixed price for a starter, main course and dessert
- a starter** *n*  
a small dish of food that is served as the first course
- a main course** *n*  
a large dish of food that is served after the starter
- a dessert** *n*  
sweet food that is served at the end of a meal
- a self-service bar** *n*  
an area in a restaurant with lots of food where you can serve yourself
- a pub lunch** *n*  
food that is typically eaten in a pub at lunchtime
- a Cornish pasty** *n*  
meat and vegetables inside pastry (food made from flour, water and fat)
- a filling** *n*  
food that you put inside a sandwich: meat, fish, cheese, etc.
- a can** *n*  
a metal container for drinks

Answers on page 44

### 1 Pre-reading

Make a list of all the types of food that you have for lunch. List as many as you can.

### 2 Reading I

Read or listen to the article once. Were any of the food items from the Pre-reading activity mentioned?

### 3 Reading II

Read the article again. Then, write a name next to each statement.

**Who...**

1. ...likes apple pie as a dessert?
2. ...often has brunch on Sundays?
3. ...likes bacon sandwiches?
4. ...eats at his desk?
5. ...sometimes has a burger for lunch?
6. ...likes bagels for lunch?
7. ...works in London's financial district?
8. ...usually has fruit for dessert?

**Objective** To improve your reading and listening skills.

**Think about it** Why do you think ghost towns exist? Why do people abandon towns? Are there any ghost towns in your country? Where are they? Why are they ghost towns? Have you ever been to a ghost town or abandoned building? Where was it? What was it like? Why was it abandoned? Would you like to go to a ghost town? Why? Why not?

**Exams** This reading and listening activity will help prepare you for English exams such as KET and TOEFL.

TRACK 2 ENGLISHMAN & SCOTSWOMAN

By Angie Rodriguez

# GHOST TOWNS!

**A**bandoned towns, empty cities, uninhabited villages... You can find ghost towns all over the world. Here are a few famous ones.



## 1 Bodie (California, United States)

Gold was first discovered in Bodie in 1859. Within 15 years it had become a **boomtown**; and at one point had a population of about 10,000. But when all the gold went, so did the people. It officially became Bodie State Historic Park in 1962, and is **preserved** as a kind of museum.



## 2 Pripyat (Ukraine)

Pripyat became a ghost town after a **nuclear reactor** explosion at the nearby Chernobyl power plant on 26th April 1986. Within 36 hours, the town was completely abandoned. The town had originally been developed in the 1970s for Chernobyl employees and their families. There were schools, sports stadiums and a newly built **amusement park**, which had opened the same day as the explosion. The risk of **radiation** is still high; and according to experts, it will take around 20,000 years before Pripyat is safe for humans.



## 3 Hashima Island (Japan)

Hashima is an abandoned island off the coast of Japan. A community was established in 1887 when coal was discovered. Apartment buildings, hospitals, prisons, libraries and schools were built. At one point, the population reached around 5,000, and it became the most **densely populated** place on earth. However, in 1974, the coal **ran out** and the people left. In 2009, a small portion of Hashima was reopened for tourism. In 2012, it featured in the James Bond movie *Skyfall*, and in 2015 it was designated as a UNESCO World Heritage Site.



## 4 Tianducheng (China)

Construction for Tianducheng started in 2007. Located in Eastern China, it was meant to hold a population of about 10,000, but currently only has around 2,000 residents. The people who remain are mostly employees of nearby **construction sites**. Interestingly, Tianducheng has a **replica** of the Eiffel Tower and is known as "Little Paris". It's become a popular (and cheap) way for couples to take wedding photos that look like they were shot in Paris.



## 5 Craco (Italy)

Craco is a medieval ghost town in southern Italy. Founded in the 8th century, it's got a university, a castle and several public buildings. But as a result of **recurring earthquakes**, its citizens were forced to **relocate** to a nearby town in 1963. Craco has been completely abandoned since then, although it has featured in movies including *The Passion of the Christ*, *Quantum of Solace* and *Saving Grace*. Nowadays, the only way to get in is by taking a guided tour.

Fancy a visit to a ghost town? ☆

## GLOSSARY

- a boomtown** *n* a town that grows very quickly
- to preserve** *vb* if you "preserve" something, you make sure it stays the way it is and it doesn't change
- a nuclear reactor** *n* a large machine that is used to produce nuclear energy
- an amusement park** *n* a place where you have fun and ride on fast trains, etc. – like Disneyland
- radiation** *n* very small particles of a radioactive substance. Radioactive substances are produced from nuclear energy
- densely populated** *adj* if a place is "densely populated", there are very many people there
- to run out** *phr vb* if you "run out" of something ("sugar" for example), you have no more of that thing
- a construction site** *n* an area of land where they're building something: an office, a bridge, an apartment block, etc.
- a replica** *n* a copy of something
- recurring** *adj* if something is "recurring", it happens again and again
- an earthquake** *n* a violent movement of the earth. Sometimes, buildings fall down when there's an "earthquake"
- to relocate** *vb* if you "relocate" someone, you move them to another area so they can live there instead

Answers on page 44

## 1 Pre-reading

Why do you think some towns or cities are abandoned? Think of as many reasons as possible. For example: *there's a war...*

## 2 Reading I

Read or listen to the article once. Were any of your ideas from the Pre-reading activity mentioned? Which ghost town is the most unusual? Why?

## 3 Reading II

Read the article again. Then, write the name of a place next to each statement.

Which place...

- ...was established in 1887?
- ...was founded in the 8th century?
- ...grew after gold was discovered there?
- ...is known as Little Paris?
- ...won't be habitable for the next 20,000 years?
- ...has a population of around 2,000 people?
- ...was evacuated within 36 hours?
- ...once had a population of about 10,000?
- ...was used as the setting for a religious film?
- ...became practically deserted in 1974?



**Objective** To improve your reading and listening skills.

**Think about it** Have you ever done any yoga? What did you think of it? What did you like or dislike about it? Why do you think people do yoga? What other forms of exercise do you do? Why do you do it? What do you do if you're feeling tense and stressed? How do you think yoga can help with this? Which positions do you find the most difficult?

**Exams** This reading and listening activity will help prepare you for English exams such as KET and TOEFL.

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# THE TOP 10 HEALTH BENEFITS OF YOGA

Answers on page 44

## 1 Pre-reading

What are the benefits of yoga? Think of as many ideas as you can.

## 2 Reading I

Read or listen to the article once. Were any of your ideas about the benefits of yoga from the Pre-reading activity mentioned?

## 3 Reading II

Read the article again. Then, complete the words with the correct letters.

- Yoga can help with your sense of **ba**\_\_\_\_\_.
- Moving and stretching in new ways will make you more **fl**\_\_\_\_\_.
- Deep breathing can help relax the body and **m**\_\_\_\_\_.
- These poses can help build your muscular **str**\_\_\_\_\_.
- How you feel mentally depends a lot on how you feel **ph**\_\_\_\_\_.
- Yoga can help reduce and even prevent any **back**\_\_\_\_\_.
- Yoga will give you a rest from all the tension at **w**\_\_\_\_\_.
- Yoga helps strengthen the muscles around the **jo**\_\_\_\_\_.

**Y**oga can make you feel good both physically and mentally. Here's how.

### 1 Balance

Yoga can help with your sense of balance. There are all sorts of positions to help with this, such as Tree Pose where you have to stand on one leg.

### 2 Flexibility

Moving and stretching in new ways will make you more **flexible**. Over time, you'll find you're more flexible in your **hamstrings**, back, shoulders and hips.

### 3 Breathing

Deep breathing can help relax the body and mind. Yoga will teach you how to take deeper breaths, which **calm** the nervous system and reduce stress.

### 4 Strength

Many yoga **poses** require you to hold your **body weight**. For example, with Downward Facing Dog you have to use your arms to support your body. These poses can help build your

muscular strength.

### 5 Self-confidence

How you feel mentally depends a lot on how you feel physically. By practising yoga, you'll feel good physically, which will make you feel happier and more **confident** too.

### 6 Strengthened back

These days, many people spend a lot of time sitting at a computer or driving a car. This can lead to back pain. However, yoga can help reduce and even prevent any **backache**.

### 7 Muscle tone

Many yoga poses and positions require you to use the muscles in your legs, arms, back and stomach. This will make them stronger; and in turn, you'll start looking better too!

### 8 Reduced stress

Yoga will give you a rest from all the tension at work. As you're concentrating on your breathing and body, you'll forget all about your daily **troubles**.

### 9 Calmness

Focusing on what your body is doing will bring a sense of calmness to your mind. Yoga also introduces you to meditation techniques, which will help you to relax.

### 10 Joint health

Yoga is a low impact activity, so you can use your **joints** without injuring them. Yoga also helps strengthen the muscles around the joints. This is great for people with arthritis as it reduces pain and increases mobility. ✨

## GLOSSARY

**flexible** *adj*

if your body is "flexible", you can move it into different positions easily

**a hamstring** *n*

a length of tissue behind your knee. It joins your top leg muscles to the bones in your lower leg

**to calm** *vb*

if something "calms" you, it relaxes you and makes you feel good

**a pose** *n*

a position you make with your body and that you hold for a period of time

**body weight** *n*

the total weight of your body: 80 kilos, for example

**confident** *adj*

if you feel "confident", you feel good about yourself and your ability to do things well

**backache** *n*

a pain in your back

**troubles** *n*  
problems or difficulties

**a joint** *n*

a part of your body that joins two other parts. For example your shoulder, which joins your arm to your body



BE WISE!  
DO AS I SAY!

# Wisdom quotes

Here are some quotes to help you live a better life.



"You can do anything, but not everything." **David Allen**



"You miss 100 percent of the **shots** you never take." **Wayne Gretzky**



"Be yourself; everyone else is already taken." **Oscar Wilde**



"We learn something every day, and lots of times it's that what we learnt the day before was wrong." **Bill Vaughan**

"I hear, I forget; I see, I remember; I do, I understand." **Chinese Proverb**



"When I do good, I feel good; when I do bad, I feel bad, and that is my religion." **Abraham Lincoln**



"Eighty percent of success is showing up." **Woody Allen**



"Success consists of going from failure to failure without loss of **enthusiasm**." **Winston Churchill**



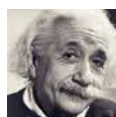
"You must be the change you wish to see in the world." **Gandhi**



"If you don't make mistakes, you're not working on **hard** enough problems. And that's a big mistake." **Frank Wilczek**



"We are what we repeatedly do; excellence, then, is not an act but a habit." **Aristotle**



"Insanity: doing the same thing over and over again and expecting different results." **Albert Einstein**



"Even if you're **on the right track**, you'll get **run over** if you just sit there." **Will Rogers**



"Do not confuse motion and progress. A **rocking horse** keeps moving but does not make any progress." **Alfred A. Montapert**



"Believe those who are **seeking** the truth. **Doubt** those who find it." **André Gide**

"Try a thing you haven't done three times. Once, to get over the fear of doing it. Twice, to learn how to do it. And a third time, to **figure out** whether you like it or not." **Virgil Garnett Thomson**



## GLOSSARY

**on the right track** *exp*  
if you're "on the right track", you're doing the right thing and progressing. Literally, a "track" is a narrow road or path

**to run over** *phr vb*  
if a car "runs over" someone, it hits that person

**to seek** *vb*

to look for

**to doubt** *vb*

if you "doubt" someone, you don't believe them

**a shot** *n*

if you have a "shot" at something, you try to do it

**enthusiasm** *n*

if you have a lot of "enthusiasm" for something, you're excited about that thing

**hard** *adj*

something that's "hard" is difficult for you

**a rocking horse** *n*

a toy horse that you can sit on and ride. It has curved pieces of wood under its feet so it goes backwards and forwards with the movement you create

**to figure out** *phr vb*

if you "figure out" something, you understand it



# PAST TENSE VERBS

Here are some useful past tense verbs.

## 1 Be, was/were, been



"Was" and "were" are the past tense of the verb to be.  
 "She wasn't at home when I called."

## 2 Beat, beat, beaten



If you "beat" a team in a game, you win the game and the other team loses.  
 "We beat them 6-0 in the football match."

## 3 Become, became, become



The thing you "become" is the thing you are in the end.  
 "She studied history at university, but she eventually became a lawyer."

## 4 Begin, began, begun



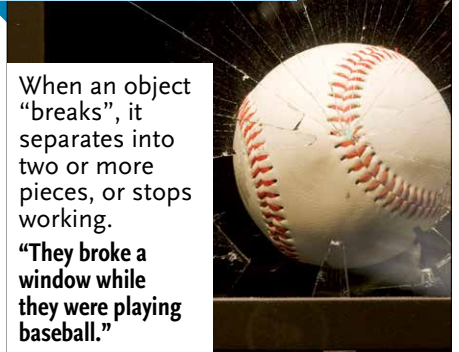
If you "begin" something, you start it.  
 "I began to lose weight shortly after going on the diet."

## 5 Bite, bit, bitten



If something (an animal, for example) "bites" you, it uses its teeth to cut you.  
 "I put out my hand to touch the dog but it bit me."

## 6 Break, broke, broken



When an object "breaks", it separates into two or more pieces, or stops working.  
 "They broke a window while they were playing baseball."

## 7 Bring, brought, brought



If you "bring" something to a place, you take it there.  
 "We brought some sandwiches and drinks to the park for a picnic."

## 8 Build, built, built



When you "build" something, you make or construct it.  
 "They built a house on top of a hill."

## 9 Burn, burnt (burned), burnt (burned)



If something is "burning", it's on fire.  
 "They lit a fire that burnt all night."

## 10 Buy, bought, bought



If you "buy" something, you obtain it by paying for it.  
 "She bought some food in the supermarket on her way home from work."

## 11 Catch, caught, caught



When the police "catch" a thief, they arrest him/her.  
 "The police caught the thief who stole the paintings from the gallery."

## 12 Choose, chose, chosen



When you "choose" something, you decide to have it, often after looking at several similar options.  
 "The car came in lots of different colours, but we eventually chose the red one."



## PRACTICAL ENGLISH

# HOW TO PARAPHRASE IN ENGLISH

Paraphrasing is a useful skill. It involves interpreting what someone else has said and putting it in your own words. You can use paraphrasing as a way of checking that you've understood things. It also shows the other person that you're making an effort to follow the conversation.

SO, YOU AREN'T  
HAPPY ABOUT IT,  
ARE YOU?



### 1 How to paraphrase

So, what's the best way to paraphrase? There are three important things to remember:

**1** Each paraphrase should start with a prefix – often the word *so*:

- a) *So, what you're saying is that you aren't happy about it.*
- b) *So, it sounds like you're pretty upset about it.*

**2** Each paraphrase can be constructed in the following ways:

- a) A closed question: *So, are you saying that you don't like it?*
- b) A statement: *So, you're feeling pretty angry about it.*
- c) A statement + a closed question: *So, you aren't happy about it. Is that right?*
- d) A statement + a question tag: *So, you're upset about it, aren't you?*

**3** The paraphrase should be a short version (one or two sentences) of what the speaker has said before. Look at these examples. In each case, Speaker B is paraphrasing:

**A** The system is old and out of date, and it isn't compatible with any of the other programs we're using.

**B** So, it sounds like you want to change the system.

**A** Bob has offered to do the work for £1,000 less, he'll do it in only three months instead of four, and he's got a lot of experience in this type of work.

**B** So, are you suggesting that Bob would be the best person for the job?

**A** Now isn't the best time for me to go to the conference because I'm in the middle of trying to finish the project. Besides, I think there are a lot of other people who would be much better at networking than I would.

**B** So, are you saying that we should send someone else to the conference instead of you?

### 2 What to paraphrase

There are three things you can paraphrase: facts, feelings or opinions. For example:

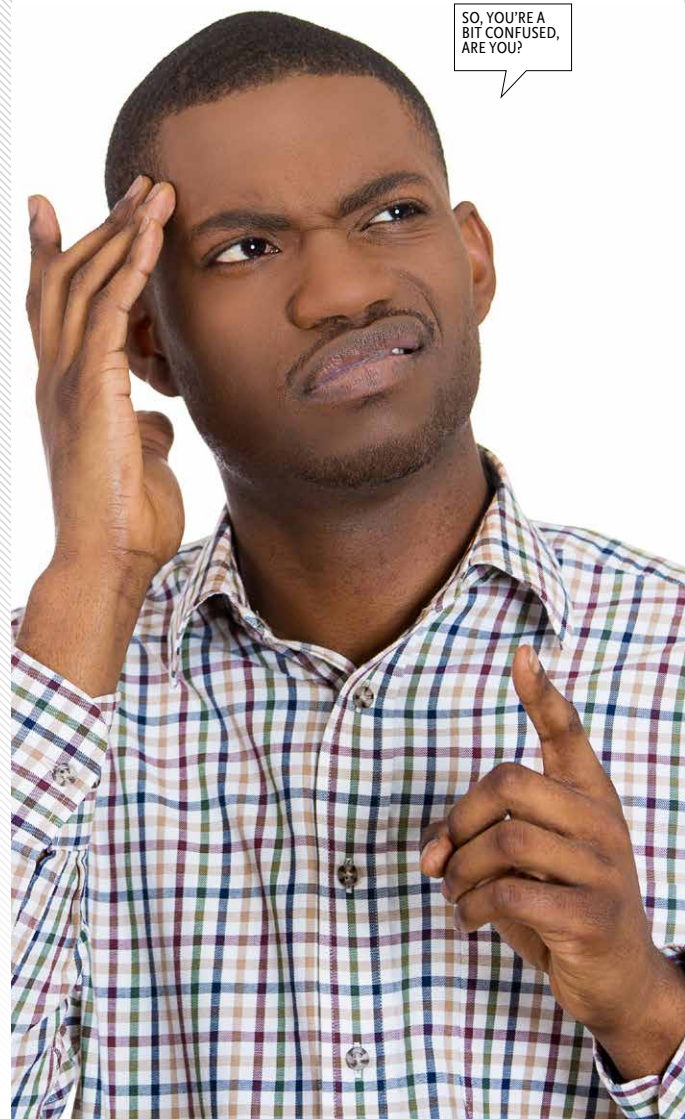
**1 Facts:** *So, are you saying that they didn't finish the work until Thursday?*

**2 Feelings:** *So, it seems that you're a bit disappointed with the results. Is that right?*

**3 Opinions:** *So, what you're saying is you think it's a bad idea.*

The most important thing is to paraphrase correctly. And in order to do this, you have to listen very carefully to the other person and what they're saying. When they stop talking, that's your chance to paraphrase.

SO, YOU'RE A  
BIT CONFUSED,  
ARE YOU?





Answers on page 44

## Listening exercise

### 1 Activity I

Listen to three mini-dialogues. Say what is being paraphrased by Speaker B (the second speaker): a fact, a feeling or an opinion.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### 2 Activity II

Listen to five mini-dialogues. After Speaker A (the first speaker) has finished speaking, stop the recording and try to paraphrase what he/she has just said (either orally or in writing). Then, play the recording to compare your version to the one by Speaker A.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



### Audio script

#### Activity I

**1 A** It was so annoying because I needed to finish the work but the system kept crashing.

**B** So, it seems to me that you're feeling a bit frustrated with the new application.)

**A** Yes, you could say that.

**2 A** I've seen that other employees in similar positions are getting far more for the same number of hours.

**B** So, you don't think your salary is high enough for this type of work

**A** No, I don't.

**3 A** I went to your website to learn more about your products, but a lot of times when I clicked on the link, the page wouldn't open.

**B** So, you're saying that a lot of the links seem to be broken.

**A** That's right.

#### Activity II

**1 A** Too many mistakes are being made and our technicians are flat out trying to resolve them. However, with a bit more training, this could all be avoided.

**B** So, are you saying we need to organise some workshops?

**A** Yes, definitely.

**2 A** We gave them clear instructions on what to do and what price to charge,

but this advice was ignored. And now we're in the mess that we're in.

**B** So, what you're saying is that everyone just did what they wanted.

**A** More or less, yes.

**3 A** There aren't enough people working on the project, so we're in danger of not completing the work according to the schedule.

**B** So, you seem to be saying that because of a lack of manpower, we won't meet the deadline.

**A** Yes, that's right.

**4 A** I don't think I can go on like this any longer. I've been working weekends and getting up at 6am to try to finish the work, but it just keeps piling up.

**B** So, you're saying that the project is too much for just one person.

**A** Yes.

**5 A** The telecommunications firm has sent us an offer that would cut the phone bill by at least 50%, as well as giving us a more efficient system that they can have up and running within two weeks. The only thing is the offer is only valid until the end of this month.

**B** So, are you suggesting that we should take advantage of this offer before it expires?

**A** Yes, definitely. ☺



**Objective** To improve your reading and listening skills.

**Think about it** Have you got a voicemail greeting on your phone (either your mobile or your home phone)? What does it say? When did you record it? Have you got one at work? What does it say? Have you ever heard a funny voicemail greeting message? What was it? How could you make a voicemail greeting message more interesting or amusing?

**Exams** This listening activity will help prepare you for English exams such as KET and TOEFL.

TRACK 7: ENGLISH ACCENTS

Listening activity!

OH, NO, NOT  
ANOTHER  
VOICEMAIL  
GREETING!

Answers on page 44

### 1 Pre-listening

What do people typically say on voicemail greeting messages? What reasons do they give for not being able to answer the phone? Make notes.

### 2 Listening I

You're going to listen to six voicemail greetings. Listen once. Were any of your ideas from the Pre-listening activity mentioned? Which message is the best? And the worst? Why?

### 3 Listening II

Listen again. Then, answer the questions.

- Message 1:** When will Paul Jenkins get back to you if you leave him a message?
- Message 2:** What's the e-mail address for Marks & Collins?
- Message 3:** When will Pete Dawson be out of the office?
- Message 3:** What's his phone number?
- Message 4:** Who does the woman say you should call if it's an emergency?
- Message 5:** What day is it on the message?
- Message 5:** What does the speaker say at the end of the greeting?
- Message 6:** What website can customers visit?

#### Note!

Don't read the audio script until you've completed the exercises and activities.

# Voicemail greetings!

#### Message 1

Hi, this is Paul Jenkins of Sandown Publishing. I'm sorry, but I'm not available to answer your call at the moment. Please leave your name, number and a message after the tone, and I'll get back to you within 24 hours.

#### Message 2

You have reached the offices of Marks & Collins. We are currently closed. Our normal hours of business are from 9am to 6pm Monday to Friday. Please leave a message with your name and number and we'll return your call when the office reopens. Alternatively, you could send us an e-mail at [marks.collins@verify.com](mailto:marks.collins@verify.com) That's [marks.collins@verify.com](mailto:marks.collins@verify.com)

#### Message 3

Hello, you've reached Pete Dawson; I'll be out of the office from 21st March until 7th April. You can call me when I return or leave a brief message. If this is an emergency, I can be reached on my mobile phone, which is 639 205 489, that's 639 205 489.

#### Message 4

Good afternoon. Erm, I'm not in at the

moment, but I'll be back soon. Please, erm, please leave a brief message with your contact information, and I'll get back to you as soon as I can. Erm, if this is an emergency, erm, please call my colleague.

#### Message 5

Good morning. You've reached the voicemail of Harvey Bates, personal coaching with a smile. Today is 1st March. Please leave a message with your name and contact information. Before you go, here's my motivational quote of the day: "The time is always right to do what is right." Martin Luther King Junior. Have a great day!

#### Message 6

You have reached Pilton International. All of our sales representatives are busy serving other customers but we would like to return your call as soon as possible. For current pricing information or to check the status of your order, please go to [www.pilton.com](http://www.pilton.com) Or, leave us a message with your name and number after the tone, and we'll get back to you just as soon as we can. ☺



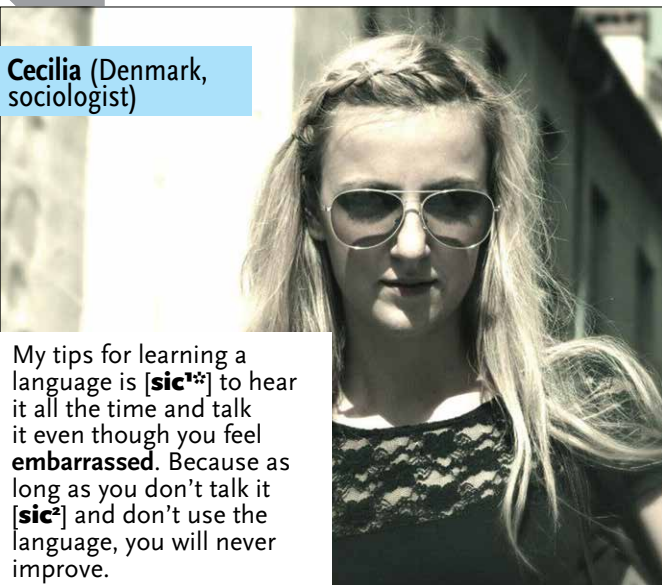
# NATURAL ENGLISH

What are your top tips for learning a language?

Photos and interviews by Georgie & Danielle

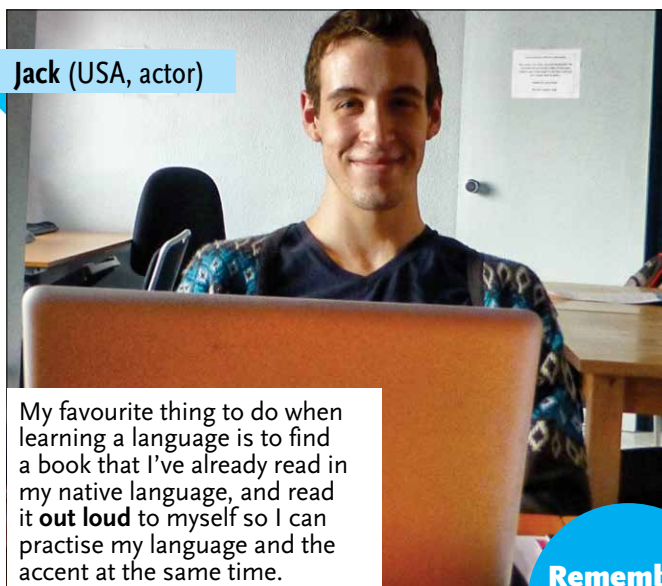
● **TRACK 8:** DANISH WOMAN, AMERICAN MAN, SLOVENIAN WOMAN, ENGLISH WOMAN, SPANISH MAN, LITHUANIAN WOMAN

**Cecilia** (Denmark, sociologist)



My tips for learning a language is [**sic**<sup>1</sup>∗] to hear it all the time and talk it even though you feel **embarrassed**. Because as long as you don't talk it [**sic**<sup>2</sup>] and don't use the language, you will never improve.

**Jack** (USA, actor)



My favourite thing to do when learning a language is to find a book that I've already read in my native language, and read it **out loud** to myself so I can practise my language and the accent at the same time.

**Remember!**  
When people talk informally, they often use non-standard English.

**Jerneja** (Slovenia, occupational therapist)



I think, er, the best way to learn a new language is to speak with the people who speak their language you want to learn more and more and you'll **get used to** it. And erm, you have to know some basic words and some basic tenses about the language.

**Megan** (England, fashion sales adviser)



My top tips for learning a language are speaking a language. For me, the best thing you can do is just practise, practise, practise. Even if you're speaking with the **natives** or other people that are learning the language, that is perfect. Just as much practice as you can get, and the better you will get.

## \*SIC

"Sic" is used to indicate that the text has appeared exactly the way someone said or wrote it, often when that text is non-standard or incorrect. Literally, "sic" is Latin for "thus". Here are the corrections for the non-standard phrases in this text:

**sic**<sup>1</sup> ...is... = *are*

**sic**<sup>2</sup> ...talk it... = *speak in the language*

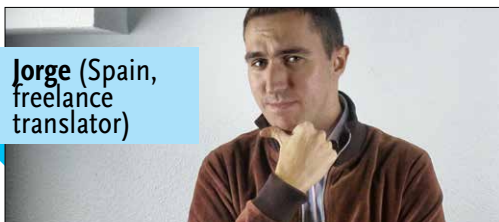
**sic**<sup>3</sup> ...the need of learning... = *the need to learn*

**sic**<sup>4</sup> ...abandon the language... = *give up learning the language*

**sic**<sup>5</sup> ...I've been learning... = *I learnt*

**sic**<sup>6</sup> ...never leave it... = *never give up*

**Jorge** (Spain, freelance translator)



My top tips for learn...for learning a language are constant consistency and especially the need of learning [**sic**<sup>3</sup>]. If you don't need to learn, I think it's very difficult. And motivation is important. So, my recommendation is if you like gardening, for example, you start reading websites or books about gardening, in English, of course and then you try to implement new techniques such as grammar, vocabulary techniques, **mnemonic techniques**, etcetera. So, I think that would be my best tip for learning a new language.

**Indre** (Lithuania, photographer)



My top tip for learning a language is repetition, like, you have to repeat every day. Never abandon [**sic**<sup>4</sup>] the language, just keep learning all the time. Er, I've been learning [**sic**<sup>5</sup>] Italian when I was in High School, but after I graduated, I just, I never went back to Italian skills, and knowledge about the language just disappeared. So, you just always have to keep learning, keep learning, never leave it [**sic**<sup>6</sup>] and just repeat, repeat. I think yeah, repetition is the **mother of** learning.

## GLOSSARY

**embarrassed** *adj*

if you feel "embarrassed", you feel bad or ashamed because you're doing something silly, new, uncomfortable, etc.

**out loud** *exp*

if you read something "out loud", you say it in a normal voice (i.e. you don't say it in your head)

**get used to** *exp*

if you "get used to" something, it becomes easy for you because you've done it many times

**a native** *n*

a "native" speaker of the language – someone who speaks the language perfectly because they learnt it as a child

**mnemonic techniques** *n*

special methods for remembering words, etc. For example, by drawing a picture of the word to help you remember it

**the mother of** *exp*

normally, if you say something is the "mother of" X, you're saying it's the biggest example of X or an extreme example of it. In this case though, we think the speaker is saying that repetition is very important for learning



**Objective** To improve your reading and listening skills.

**Think about it** What drugs are banned in your country? What other things are banned in your country? Are there any unusual things banned in your country? Have you heard of any unusual things being banned in other countries? Is there anything in your country that should be banned? What is it? Why should it be banned?

**Exams** This reading and listening activity will help prepare you for English exams such as PET and TOEFL.

TRACK 9: ENGLISHMAN & SCOTSWOMAN

DON'T BAN ME!

# THINGS THAT GOT BANNED!

Has anything ever been **banned** in your country? A book maybe? A film perhaps? Over the years, some very unusual things have been prohibited.



## Fuel

It's illegal to **run out** of **fuel** on Germany's **motorways**.

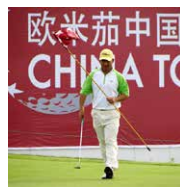
And if you do, it's also illegal to walk along a motorway to a petrol station. Fill up before you go!



## Baby names

In Denmark, the government

has a list of 7,000 approved names for babies. Any name not on the list is prohibited.



## Golf

Golf was banned in China when Communist leader

Mao Zedong took power in 1949. He called it a "sport for millionaires". However, in 2016, the **ruling party** decided that playing golf was no longer a crime.



## Dying

Dying in the **Houses of Parliament**

in London is strictly prohibited. As it's officially a royal palace, if someone did die there, they'd have to be given a **state funeral**. And as that would be extremely expensive and a big **hassle**, they made dying there against the law.



## Jeans

Blue denim jeans are a symbol of America and western

imperialism. North Korea's previous leader Kim Jong-il once said. So, not surprisingly, jeans are banned in the South-East Asian country. Ironically, this didn't stop them from **manufacturing** jeans and selling them to European nations.



## Kinder Eggs

An American law from 1938

declares that any foodstuff with plastic **embedded** in it can be banned. As a result, Kinder Eggs are prohibited in the US. According to a report in the *Independent* newspaper, a family from Canada was once **fined** \$12,000 for trying to bring in 10 **Kinder Eggs**!

## Lycra shorts

In 2013, the manager of a café in Christchurch (New Zealand) put a sign outside her shop banning



any cyclists in **tight** clothing or **Lycra**. Owner Carol Pearce

claimed that **guests** at the Sea View Café had complained in the past about "large men in **tiny** shorts". She added, "When you're trying to concentrate on your breakfast, you don't want to be seeing things like that!" 🍷

## GLOSSARY

**to ban** *vb*

if something is "banned", you cannot use or have it

**to run out** *phr vb*

if you "run out" of something ("sugar" for example), you have no more of that thing

**fuel** *n*

a substance such as petrol, oil, etc. that is burnt to provide heat or power

**a motorway** *n*

a large road with many lanes (lines of traffic and cars)

**a ruling party** *n*

a political party that is in power

**the Houses of Parliament** *n*

the building in London where members of parliament change laws, discuss issues, etc.

**a state funeral** *n*

a ceremony for an important person who has died. A "state" funeral is organised by the state or government

**a hassle** *n*

if something is a "hassle", it's annoying and causes you problems

**to manufacture** *vb*

if you "manufacture" something ("cars" for example), you make them

**to embed** *vb*

if A is "embedded" in B, A is inside B

**to fine** *vb*

when someone is "fined", they must pay money because they've committed a crime

**a Kinder Egg** *n*

a chocolate in the shape of an egg. Inside the egg, there's a little plastic container with a toy to make

**tight** *adj*

"tight" clothing fits very closely to your body

**Lycra** *n*

a type of material that is used to make swimming costumes, cycling shorts, etc.

**a guest** *n*

a person who is staying at a hotel, eating at a restaurant, etc.

**tiny** *adj*

very, very small

Answers on page 44

## 1 Pre-reading

Look at the titles in the article. Why do you think these things were banned? Make notes.

## 2 Reading I

Read or listen to the article once. Were any of your ideas from the Pre-reading activity mentioned? What is the most unusual banned object or thing? Why is it so unusual?

## 3 Reading II

Read the article again. Then, answer the questions.

- What two things is it illegal to do on a German motorway?
- How many approved baby names are there in Denmark?
- When was golf made legal in China?
- What can't you do in the Houses of Parliament?
- What is considered a symbol of western imperialism in North Korea?
- What type of chocolates are prohibited in the US?
- What type of clothing is banned in a café in New Zealand?



**Think about it** What are some of the tasks you carry out at work? Have you ever made a mistake? What are some of the things people typically do badly or wrong at work? What happened? Has anyone you know ever been in trouble at work? What did they do? What happened to them? What were the consequences of their actions? Have you made a mistake at work lately? What was it?

**Exams** This reading and listening activity will help prepare you for English exams such as PET and TOEFL.

TRACK 10: ENGLISHMAN & SCOTSWOMAN



# NAUGHTY EMPLOYEES!

**A**s an employee, you're expected to act honestly, respectfully and responsibly. But not all employees seem to understand this, as these stories clearly show.

out that they'd been arguing over whether the drink was Diet Coke or not. The server was certain it was, and was **determined** to prove it. [Jenny]

packed up his **truck** with beach **gear** and drove off with his girlfriend. I texted him later to ask him if he'd had a nice day at the beach. He didn't reply or come back in again. [Paula] ☆

Answers on page 44

## 1 Pre-reading

You're going to read an article about some things employees did. Look at the paragraph titles. What do you think happened? Make notes.

## 2 Reading I

Read or listen to the article once. Were any of your ideas from the Pre-reading activity similar to the ones in the article? Which employee behaved the worst, do you think? Why?

## 3 Reading II

Read the article again. Then, answer the questions.

1. What was the intern locked inside of?
2. Who did the intern call?
3. Who was the server in the restaurant arguing with?
4. What did the server say the drink was?
5. What illegal object did the employee bring to work?
6. What did he do with it?
7. Why didn't the employee in the last story go to work?
8. Where did he go during the day?

### The cupboard

I was in charge of an accounts office once when an employee locked an **intern** in a store cupboard **for a laugh**. Unfortunately, the intern didn't think it was funny. After banging on the door several times, the intern decided to use his **mobile** to call the police. The first I heard of it was when a police officer appeared in the office and told me what had happened. That was embarrassing, I can tell you. After releasing the intern from the cupboard, the police officer asked him if he wanted to **press charges**. Luckily, he said no. [Mark]

### The drink

While I was working as a manager at a restaurant once, I heard some shouting coming from one of the tables. I walked over to see what was **going on**, and saw one of our **servers** arguing with some customers. Before I got there, I saw how she **picked up** one of the customers' drinks and took a **sip** from it... right in front of them. I later found

### The joint

I was working as a supervisor in a big shop when an employee informed me that another member of staff had brought a **joint** to work. I told the managing director and she told me to bring the employee in for questioning. "It's **come to our notice** that you have some **illegal substances** on you," the managing director began. The employee didn't say anything. So, she asked him directly, "Have you got a joint in your pocket?" To which the employee responded quite **nonchalantly**, "No, man. I already smoked it." [Bob]

### The pick-up truck

I was the manager in a 24-hour shop once when a new guy phoned in to say he was sick and couldn't come into work. He didn't sound that **convincing**, and as he lived across the street from the store, I told another employee to watch his home carefully through the shop window. About half an hour later, the employee called me over. We watched in amazement as the young guy came out of the door,

## GLOSSARY

**an intern** *n*

a person (often someone who has just finished their university studies) who works in a company for free (or a very low amount of money) in order to get work experience

**for a laugh** *exp*

if you do something "for a laugh", you do it because you think it's funny

**a mobile** *n*

a mobile phone; a "cell phone" in US English

**to press charges** *exp*

if you "press charges", you make a formal complaint against someone and the police start to investigate them

**to go on** *phr vb*

the things that are "going on" are the things that are happening

**a server** *n*

a person who serves you food in a restaurant: a waiter, waitress

**to pick up** *phr vb*

if you "pick up" something, you take it in your hands

**a sip** *n*

if you take a "sip" of a drink, you drink a small amount of it

**determined** *adj*

if you're "determined" to do something, you're going to do it and nothing can stop you

**a joint** *n*

a type of cigarette with the drug marijuana in it

**to come to your notice** *exp*

if something "comes to your notice", you learn about it or see it

**an illegal substance** *n*

a non-authorised drug: marijuana, heroin, etc.

**nonchalantly** *adv*

if you say something "nonchalantly", you say it very calmly and without worrying

**convincing** *adj*

if someone is "convincing", you believe them

**a truck** *n*

a "truck" is a large vehicle for transporting goods. In this case, they're referring to a pick-up truck, which is like a large car with an area at the back for carrying goods

**gear** *n*

the equipment you need for doing something. For example, beach "gear" would be all the things you take with you to the beach: a folding chair, a cooler for drinks, etc.



**Objective** To improve your reading and listening skills.

**Think about it** How many types of food with a lot of salt can you name? For example: bacon, cheese, ketchup, chips, burgers, pizza... Which ones do you eat regularly? What other salty foods do you like? Do you ever put salt on food? How much? What do you think the dangers of salt are? How easy would it be to reduce the amount of salt you eat?

**Exams** This reading and listening activity will help prepare you for English exams such as PET and TOEFL.

TRACK 11: ENGLISHMAN & SCOTSWOMAN

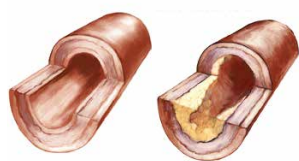
DOES IT  
NEED ANY  
MORE SALT?

# ARE YOU EATING TOO MUCH SALT?

Answers on page 44

## 1 Pre-reading

Look at these two pictures of arteries (the tubes that carry blood from your heart to the rest of your body). Which one is healthy? Which one is unhealthy? Why do you think it is unhealthy? What do you think the consequences of this are? What do you think causes it?



## 2 Reading I

Read or listen to the article once. Did you find the answers to the questions in the Pre-reading activity?

## 3 Reading II

Read the article again. Then, answer the questions.

1. What are the substances that are collectively known as plaque?
2. What can plaque cause the walls of the arteries to do?
3. How does this affect blood flow?
4. What happens to the muscles in the artery wall if your blood pressure is high?
5. What can happen if the flow of blood to the brain is prevented?
6. What disease can develop when the heart's blood supply is reduced or blocked?
7. What does insulin do?
8. When does diabetes develop?

**S**alt makes food taste nice. But if taken in large quantities, it can be really bad for you. Why? Well, salt can **raise** your **blood pressure**. And high blood pressure (also known as hypertension) can lead to a number of medical conditions and complications, such as the following.

### A stroke

A stroke (also known as a "brain attack") happens when the **blood** supply to part of the brain is **cut off**. How? Well, fat, **cholesterol** and other substances (collectively known as plaque) can cause the walls of the **arteries** to **thicken**. When this happens, the arteries become narrower. This makes it harder for blood to **flow** through them. High blood pressure from salt makes this problem worse. How? Well, high blood pressure can affect the ability of the arteries to open and close. If your blood pressure is too high, the muscles in the artery wall will respond by growing bigger, which also makes your artery walls thicker. When an artery becomes narrower or blocked, the flow of blood is interrupted. And when the flow of blood to the brain is prevented, this can lead to a stroke.

**Coronary heart disease**  
Coronary heart disease

(CHD) develops when the heart's blood supply is reduced or blocked. How? Well, basically in the same way that a stroke is caused: through a build-up of plaque, and through raised blood pressure from salt (among other things) causing the walls of blood vessels to thicken. When this happens, the blood vessels and arteries can't carry enough blood to the heart or around the body. Over time, this can reduce the heart's ability to pump blood around the body. Eventually, this can lead to coronary heart disease and even a **heart attack**.

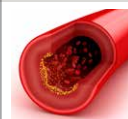
### Diabetes

Diabetes is a medical condition in which someone has too much **glucose** in their blood. This is caused by problems with the hormone **insulin**. Normally, the pancreas (an organ behind the stomach) releases insulin to help the body store and use the sugar and fat from food. Diabetes develops when the pancreas fails to produce enough or any insulin. As yet, there is no cure for the disease. So, people with it need to manage the disease to stay healthy. Although salt does not affect blood glucose levels, it's important to limit the amount that is

consumed because people with diabetes are more likely to be affected by high blood pressure from salt. As a result, there's an increased risk of heart disease and stroke.

Help your body, use less salt! 🌱

### ARTERY



The arteries are the large blood vessels that carry blood from the heart to all the organs and muscles of the body, to give them the energy and oxygen they need.

### GLOSSARY

**to raise** *vb*

to increase

**blood pressure** *n*

the amount of force that is needed for your blood to flow around your body. If your blood pressure is high, a lot of force is required

**blood** *n*

the red liquid inside your body

**to cut off** *phr vb*

if the flow of something is "cut off", it is stopped

**cholesterol** *n*

a substance that exists in the fat, tissues and blood of all animals. Too much cholesterol in a person's blood can cause heart disease

**an artery** *n*

a tube that carries blood from the heart to the rest of the body

**to thicken** *vb*

if an artery (for example) "thickens", it becomes thicker inside, and there's less space inside – it has become narrower

**to flow** *vb*

when a liquid "flows", it moves somewhere

**a heart attack** *n*

when someone has a "heart attack", their heart stops beating or beats irregularly

**glucose** *n*

the main sugar that the body makes from food. Also, "blood sugar". "Glucose" is carried through the bloodstream to provide energy to all cells

**insulin** *n*

a substance that most people produce naturally in their body and which controls the level of sugar in their blood



**Objective** To improve your reading and listening skills.

**Think about it** When was the last time you went camping? Where did you go? What was it like? What was the weather like? What did you take with you? What did you eat? How did you cook? What did you do during the day? How would you rate the trip on a scale of 1 to 10? Do you like camping? Why? Why not?

**Exams** This listening activity will help prepare you for English exams such as PET and TOEFL.

TRACK 12: US MAN & US WOMAN

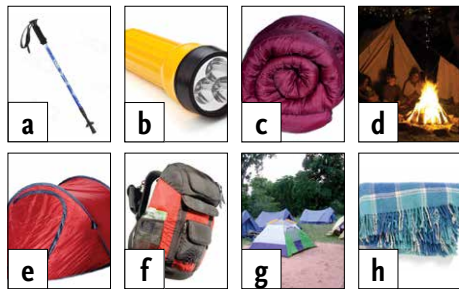
## Listening activity!

Answers on page 44

### 1 Pre-listening

Match the camping words (1 to 8) to the pictures (a-h).

1. Tent
2. Sleeping bag
3. Backpack / rucksack
4. Hiking stick / hiking pole
5. Blanket
6. Campsite
7. Torch ("flashlight" in US English)
8. Campfire



### Note!

Don't read the audio script until you've completed the exercises and activities.

### Culture corner smores



In the US, it's typical to roast "smores" when you go camping. A "smore" is a type of sandwich with Graham Crackers on the outside, and marshmallows and chocolate in the middle. "Smores" is a contraction of the two words "some more" because they're so good, you always want "some more".

### 2 Listening I

You're going to listen to two people chatting in a bar. One of them is talking about a camping trip. What do you like or dislike about camping? Make notes. Then, listen once. Were any of your ideas mentioned?

### 3 Listening II

Listen again. Then, choose the correct answers.

1. How often does the man go camping?  
a) every three months  
b) three times a year
2. What does he take with him to keep warm?  
a) some thick jumpers  
b) a lot of blankets
3. What food did he cook in the morning?  
a) eggs b) bacon
4. Where does he get his hiking sticks?  
a) from the place where he's hiking  
b) from a specialist shop
5. When did the woman use to go camping?  
a) as a kid  
b) when she was at university
6. What did she find in her tent once?  
a) a snake b) a spider

### Audio script

- Daniel:** Hey!
- Emily:** Hey! What are you doing this weekend?
- Daniel:** Erm, actually I'm going camping.
- Emily:** No you're not, what, why, where?
- Daniel:** The Sierras [the mountains in Madrid].
- Emily:** Oh really, OK, I mean, do you go camping a lot, what's the deal?
- Daniel:** Erm, no just, me and my friends, erm, like to go camping, about, I don't know, every three months or so.
- Emily:** Okay, you go in the cold?
- Daniel:** Yeah, rain, shine, it doesn't matter.
- Emily:** I don't know, I mean, this month it's pretty unpredictable, it could be cold it could be warm, you don't know.
- Daniel:** Yeah, yeah you know, you just bring a lot of blankets.
- Emily:** OK, well, what are you gonna... what kind of things do you do typically on a camping trip?
- Daniel:** Oh you know the typical. Smores, and frying eggs in the morning on a tiny little grill, erm hiking.
- Emily:** Yeah, I like hiking a lot! Do you have a hiking stick?
- Daniel:** Erm, I usually find one on the spot.
- Emily:** Oh, OK, a nature man! OK, do you, do you have hiking boots, like do you have gear, I mean what do you...
- Daniel:** Yeah, everything.
- Emily:** How intense are you of a camper is my question.
- Daniel:** Okay, we're mediocre campers, we're not, erm...
- Emily:** That's fair.
- Daniel:** Yeah. Did you ever go camping as a kid, or...
- Emily:** Yeah I went camping I used to love that. Although one time I found a spider in the tent, and that was pretty scary, so, it was actually a tarantula, a baby tarantula, but I'm sure they bite and it hurts just as much.
- Daniel:** No way!
- Emily:** But that won't happen to you I'm sure, so have a good weekend! ☺



# Let's go camping!

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# Blast from the Past

# 1989

What were you doing in 1989? Where were you? How old were you? What do you remember? Join us on a little trip down memory lane to 1989.

## January



● George H. W. Bush succeeds Ronald Reagan as the 41st President of the United States of America.

- The Dalai Lama is awarded the Nobel Peace Prize.
- Surrealist painter Salvador Dali dies at the age of 84.

## February

- The Soviet war in Afghanistan ends after 9 years of military occupation by the Soviet Union.
- Joan Kirner becomes the first female Deputy Premier in the state of Victoria (Australia).
- Ron Brown is elected chairman of the Democratic National Committee, becoming the first African-American to lead a major United States political party committee.



## March

- In Egypt, a 4,400-year-old mummy is found in the Great Pyramid of Giza.
- The film *Rain Man* wins four Oscars at the 61st Academy Awards.



## April



● The portable Nintendo Game Boy is born.

- One of the biggest tragedies in European football occurs: The Hillsborough disaster. This event claims the lives of 96 Liverpool supporters.

## May

Disney-MGM Studios at Walt Disney World opens to the public for the first time.  
Yugoslavia wins the Eurovision Song Contest in Lausanne with the song *Rock Me* performed by Riva.

## June

- A natural gas explosion near Ufa, Russia kills 645 as 2 trains passing each other throw **sparks** near a **leaky pipeline**.

## July

- France celebrates the 200th anniversary of the French Revolution.
- At the annual G-7 Summit, leaders call for restrictions on carbon dioxide emissions.

## August

- The Rolling Stones open their *Steel Wheels* North American tour in Philadelphia, USA.
- The autonomous spacecraft, *Voyager II*, passes over the planet Neptune and its moon Triton.



## September

- US President George H. W. Bush holds up a bag of cocaine purchased across the street at Lafayette Park, in his first televised speech to the nation.

## October

- Friday the 13th mini-crash: The Dow Jones Industrial Average plunges 190.58 points, or 6.91 percent, to close at 2,569.26.
- The Phillips Disaster, a devastating series of explosions and fire in Pasadena, Texas, kills 23 and injures 314 others.



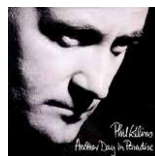
## November

- The Berlin Wall that once separated East Germany from West Germany for more than 25 years is **torn down** on November 9th, 1989.
- Brazil holds its first free presidential election since 1960.



## December

- Phil Collins' song "Another Day



in Paradise" is released, aiming to bring attention to the problem of **homelessness**.



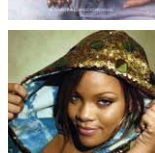
## Famous films of 1989

- *When Harry Met Sally*
- *Batman*
- *James Bond, Licence to kill*
- *Dead Poets Society*
- *Indiana Jones and the Last Crusade*
- *Lethal Weapon 2*
- *Look Who's Talking*
- *Back to the Future, Part II*



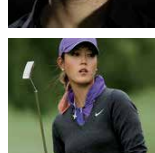
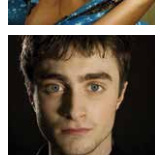
## Albums released in 1989

- "CHOBA B CCCP" by Paul McCartney
- "Touch" by Sarah McLachlan
- "Dylan & The Dead" by Bob Dylan and The Grateful Dead
- "Like a Prayer" by Madonna
- "After the War" by Gary Moore



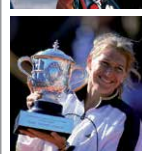
## Famous people born in 1989

- Rihanna, R & B singer from Barbados
- Daniel Radcliffe (better known as Harry Potter)
- Joe Jonas from the Jonas Brothers group
- Michelle Sung Wie, young professional golfer 🏌️



## SPORT TRIVIA

- Detroit Pistons win the NBA Finals
- Tour de France won by the American Greg LeMond
- Steffi Graf dominates the Grand Slam in tennis winning 3 cups. US and Australian Open and the Wimbledon Championships.



## FOOTBALL TRIVIA

- Portugal wins the FIFA U-20 World Cup, defeating Nigeria in the final in Saudi Arabia
- Arsenal wins the First Division league title against Liverpool
- Marco van Basten wins the Ballon d'Or
- The San Francisco 49ers beat the Cincinnati Bengals in Super Bowl XXIII
- The following teams were top of their respective football leagues: Olympique de Marseille (France), Milan (Italy), Rangers (Scotland), Real Madrid (Spain)



## GLOSSARY

- sparks** *n*  
little bits of fire
- leaky** *adj*  
something that is "leaky" has holes, cracks, or other faults which allow liquids and gases to pass through
- a pipeline** *n*  
a large tube that is used for carrying oil or gas over a long distance, often underground
- to tear down** *phr vb*  
to destroy or remove something
- homelessness** *n*  
a state that involves having no home



TRAVEL ENGLISH

# AT THE AMUSEMENT PARK

Learn over 500 useful words and expressions for travelling abroad.  
40 topic areas covering a wide range of typical situations.  
Over 400 images to help you learn the words and expressions.  
More than 30 dialogues so you can hear the language in action.  
For more info, visit: [www.learnhotenglish.com/shop](http://www.learnhotenglish.com/shop)

## Dialogue: At the amusement park



Josh is at the amusement park ticket office with his family. Listen once. Then, complete the text with the correct words.

**A: Attendant C: Customer**

- A:** Welcome to SparksLand Theme Park.  
**C:** Oh, hi, I'd like to get day passes for two adults and two children, please? I've got some discount (1) \_\_\_\_\_.  
[He gives them to her.]  
**A:** Actually, it works out cheaper if you get a Family Pass, which is only €34 in total.  
**C:** Oh, OK, great. Does that give us access to all the (2) \_\_\_\_\_?  
**A:** Yes, of course. Will you be paying by credit card?  
**C:** Yes, here you are.  
**A:** Great. Could you key in your PIN code, please?  
**C:** Sure. Erm, have you got a (3) \_\_\_\_\_ of the park, please?  
**A:** Yes, here you are. [She gives it to him.]  
**C:** Great! Is it busy today?  
**A:** Not too bad. (4) \_\_\_\_\_ time is about 10 minutes – normally it's about half an hour.  
**C:** Perfect. Oh, and where's the Pirates show, please?  
**A:** It's in the outdoor (5) \_\_\_\_\_ next to the Haunted (6) \_\_\_\_\_. Just turn right after you go through the (7) \_\_\_\_\_ and walk about 200 metres down Main Street. It's starting in about 10 minutes. You should make it if you hurry.  
**C:** OK, great. Thanks. Can we take in any food and drink?  
**A:** Sure. There are picnic (8) \_\_\_\_\_ for you in the main Restaurant Zone.  
**C:** Great. Thanks a lot.  
**A:** Here are your tickets. Have a nice day!  
**C:** Thanks! ☆



Roller coaster



Haunted house



Ticket booth



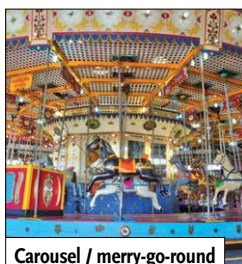
Turnstile



Ferris wheel



Bumper car



Carousel / merry-go-round



Bouncy castle



Slide (water slide)



Cotton candy / candy floss



Amphitheatre



Queue



Safety bar



Costume character

## More words

- **Amusement park / theme park / fun fair** – a place with lots of fun rides (fast trains to go on, things that shoot up into the air...)
- **Ride (attraction)** – something you go on at an amusement park: a fast train, a rollercoaster...
- **Car park** – the place where you park your car at an amusement park.
- **Queuing time** – the amount of time you have to wait in a queue ("line" in US English) before you go on a ride.
- **Schedule** – a list of the times for the shows at an amusement park.
- **Picnic table** – a table outside where you can eat the food you bring.
- **Day pass** – a ticket that lets you stay in the park all day.
- **Discount coupon** – a little piece of paper with a reduction in the price: 20% off, for example.
- **Gift shop** – a place where you can buy toys, cards, pencils, pens... so you can remember your day at the park.

- **Waxwork** – a model of a person made of wax (a substance used to make candles).
- **Narrow gauge train** – a small train people can ride on for fun.
- **Animatronic character** – a type of robot that looks like a person (or animal) and that moves and speaks.
- **Hologram** – a three-dimensional image (of a person, for example) created with photographic projection.



# EGGS BENEDICT

Eggs Benedict is perfect for brunch (a late breakfast, early lunch).



## Ingredients

- 1 150g ham or bacon
- 2 4 large free-range eggs
- 3 Pinch of salt
- 4 1 tsp white wine vinegar
- 5 2 English muffins, halved and toasted
- 6 Butter, for the muffins



## For the hollandaise sauce

- 7 2 large egg yolks
- 8 150g butter, cut into cubes
- 9 Juice of ½ a lemon
- 10 Pinch of salt

## Steps

1. To make the hollandaise sauce, place the egg yolks in a **bowl** over a **pan** of gently **simmering** water (creating a **bain-marie**). **Whisk** the yolks and slowly add the butter, bit by bit. After each bit of butter **melts**, whisk continuously until it is combined and the sauce has thickened. Add the lemon juice and a pinch of sea salt and stir. Turn off the heat, but keep the sauce warm over the pan of water.
2. To cook the eggs, bring a saucepan of water to the boil. Add the salt and vinegar to the water and stir. Crack an egg into a cup then slowly lower the edge of the cup into the pot and drop in the egg. Cook the egg at a very gentle simmer for 3-4 minutes for the yolk to still be **runny**. Do the same for the other eggs.
3. Remove the eggs with a spoon and place them on a plate with **kitchen paper**. Then, prepare the Eggs Benedict. First, put some butter on the muffin halves. Next, place a few slices of ham (or bacon) and an egg on each half muffin half. Finally, add the warm hollandaise sauce.

Have a nice brunch! 🌟

## VIDEO

YouTube

Watch a video on how to make this dish. Search YouTube for "How to make... Eggs Benedict!"

## GLOSSARY

**a pinch of** *if*  
a small amount of something that you can hold between your index finger and thumb

**a bowl** *if*  
a big, deep container for food. It's often used for serving a salad for several people. Smaller bowls are used for eating soup or cereal

**a pan** *if*  
a metal object for cooking food

**to simmer** *vb*  
if food or a liquid is "simmering", it is cooking gently over a low heat

**a bain-marie** *if*  
a cooking method: there's a pan of hot water cooking. Inside this pan, you place a bowl (or other container) to cook food gently: chocolate, cheese, etc.

**to whisk** *vb*  
if you "whisk" eggs, cream, etc., you move it around very quickly so that it becomes full of small bubbles

**to melt** *vb*  
when food "melts", it becomes liquid

**to stir** *vb*  
if you "stir" food, you move it around with a large wooden spoon, etc.

**runny** *adj*  
if the yolk of an egg is "runny", it's still a bit liquid

**kitchen paper** *if*  
a roll of fairly thick paper that's often used in the kitchen

# YOUNG FRANKENSTEIN



*Young Frankenstein* is a 1974 American horror comedy film. It's directed by Mel Brooks and stars Gene Wilder as the title character. Dr Frederick Frankenstein returns to the land of his ancestors. Once there, he decides to create a creature from dead bodies with the help of his faithful servant Igor (played by Marty Feldman). In this scene, the two protagonists meet for the first time.



## The script

I=Igor F=Frankenstein

- I: Dr. Frankenstein?
- F: Frankenstein. *[he pronounces it as "Frankenstein"]*
- I: You're **putting me on**.
- F: No, it's pronounced Frankenstein. *[Frankenstein]*
- I: Do you also say Frederick? *[he pronounces it "Foraderick"]*
- F: No... Frederick.
- I: Well, why isn't it Frederick Frankenstein? *[Froaderick Frankenstein]*
- F: It isn't; it's "Frederick Frankenstein". *[Frederick Frankenstein]*
- I: I see.
- F: You must be Igor. *[he pronounces it ee-gor]*
- I: No it's pronounced Igor. *[he pronounces it as "eye-gor"]*
- F: But they told me it was Igor. *[ee-gor]*
- I: Well, they were wrong then, weren't they?
- F: Erm, you were sent by Herr Frankenstein, weren't you?
- I: Yes, my grandfather used to work for your grandfather.
- F: How nice!
- I: Of course the **rates** have **gone up**.
- F: Of course, of course I'm sure we'll **get along splendidly**. Oh sorry, I... er... you know I don't mean to **embarrass** you but I'm a rather **brilliant surgeon**. Perhaps I could help you with that **hump**?
- I: What hump?
- F: Let's go! 🌟

## VIDEO

YouTube

Watch the clip from the film. Search YouTube for "It's Frankenstein": Dr. Frederick Frankenstein meets Igor for the first time."

## GLOSSARY

**to put someone on** *exp*  
if you're "putting someone on", you're joking with them or tricking them

**a rate** *if*  
an amount you pay for a service

**to go up** *phr vb*  
to increase; to become more

**to get along** *phr vb*  
if two people "get along", they're good friends

**splendidly** *adv*  
very well

**to embarrass** *vb*  
if you "embarrass" someone, you do or say something that makes them feel bad or uncomfortable

**brilliant** *adj*  
excellent; very good

**a surgeon** *if*  
a doctor who cuts open a human body in order to repair things

**a hump** *if*  
a raised (high) area on their back that some people have

# HOW TO IMPROVE YOUR LISTENING SKILLS!

Listening is the key to communication. And active listening is an **essential** skill to **master**. Active listening involves listening really carefully, then asking questions to ensure you've understood everything. It means using your eyes and ears to find out what the other person wants to say – observing their body language and listening to the words they use and how they say them. The final objective is to find out exactly what they want to communicate. At work, active listening can lead to fewer mistakes and less wasted time. At home, it can help build relationships and even save you money. Here are our top tips on how to listen actively.

## 1 LISTEN!



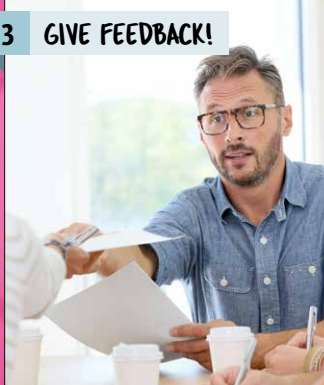
The most important thing about active listening is to... listen. Stop thinking about what you want to say and concentrate on the other person. If you get **distracted**, force yourself to focus again.

## 2 BE POSITIVE!



In order to **encourage** the other person to speak, make sure your body language is positive. Face the speaker and maintain good eye contact to show you're listening and understanding what's being said. If you're sitting, **lean slightly forward**, or tilt your head. Finally, keep an open and friendly expression on your face.

## 3 GIVE FEEDBACK!



Show that you're listening and that you understand what the speaker is saying by using expressions such as, *ah huh*, *OK* or *really?* Above all, avoid any negative expressions and sounds, or negative facial expressions such as **yawning** or **frowning**.

## 4 FOCUS!



Focus your attention exclusively on the speaker. Don't play with your keys, look out of the window or check your phone. Talking to someone who isn't concentrating can be very distracting. And don't forget to turn off your mobile or put it on **vibrate**.

## 5 OBSERVE!



Pay attention to the speaker's body language. Are they **frowning**? Have they got their arms folded? Are they turning away? These are all negative signals. Also, look out for any **inconsistencies**. For example, if someone tells you they're happy but they've got an angry look on their face, they probably don't mean what they're saying.

## 6 ANALYSE!



Listen to the speaker's tone of voice – the way it goes up or down, or how warm or cold it sounds. You can detect a lot from someone's tone: enthusiasm, boredom, irritation, anger, sadness, happiness... For example, a low **monotone** could mean that someone is depressed.

## 7 BE OPEN!



Listen without **judging**. Don't **mentally criticise** the things the speaker tells you. As soon as you do this, you'll become less effective as a listener. Even if they say something you don't believe, like or agree with, wait until they've finished before deciding what to say yourself.

## 8 SHOW EMPATHY!



Try to understand things from the other person's **point of view**. **Empathising** with another person isn't easy, and it requires energy and concentration. But it can really help with communication.



## 9 BE QUIET!



Don't interrupt the speaker, **talk over** them or finish their sentences for them. Interrupting is a way of saying you think you're more important than they are, or that what you've got to say is more interesting. And avoid offering any solutions unless they're asked for. Quite often, people just want you to listen. If you do have a good solution, ask first with something like this, "Would you like to hear my ideas?"

## 10 DON'T ASK QUESTIONS!



If you **jump in** with a question, the speaker could get distracted. Imagine they're talking about an incident that upset them and they mention a mutual friend Jack. If you say, "Oh, how is Jack?" the conversation will **switch** to Jack, and all talk of the incident may be forgotten. If this happens, get the conversation back **on track** by saying something like, "It was great to hear about Jack, but tell me more about what you were talking about before." Of course, if you don't understand something, you can ask the speaker to explain, but wait until there's a pause. Then say something like, "I'm sorry, but I didn't really understand what you were just saying just then."

## 11 YOUR TURN!



When the speaker has stopped talking, pause for a few seconds to make sure they've really finished. Once it appears that they've said everything they want to say, it's your turn. But before you say anything, you need to confirm that you've understood everything correctly. You can do this in three ways: by paraphrasing; by asking clarifying questions; or by asking probing questions.



### A PARAPHRASING

When you "paraphrase", you give a summary of what the speaker has said. The idea is to check you've understood things correctly. A paraphrase usually consists of the word **so** followed by a closed question, or a statement plus a question or question tag. You can use paraphrasing to ask about facts, or the speaker's feelings and opinions. For example:

- a) So, did you go to the shop and then go home afterwards?
- b) So, I imagine you're feeling a bit angry about this, aren't you?

You could also use a statement with a questioning intonation:

- c) "So, you don't think it's a good idea."

### B CLARIFYING QUESTIONS

Clarifying questions are used to get more details, and to help you understand the situation. For example:

- a) What were they doing when you arrived?
- b) Could you tell me a bit more about what happened after that?

### C PROBING QUESTIONS

These questions are designed to get the speaker to express their feelings about what happened or to think more deeply about it. For example:

- a) Why do you think this happened?
- b) How did you feel about it?

Answers on page 44

### 1 Exercise

Listen and say whether the following are Clarifying questions (C), Probing questions (Pr), or examples of Paraphrasing (Pa).

1. Who left first: you or Mr Barker?
2. Why do you think they were so angry?
3. So, I imagine you're feeling a bit upset about this, aren't you?
4. What time did they arrive?
5. What do you think would have happened if you hadn't been there?
6. So, you don't think they should have said anything, do you?
7. How do you think this has affected them?
8. So, you went to the pub first and then you ate at the restaurant, didn't you?
9. How long did it take to get there?

**Objective** To improve your reading and listening skills.

**Think about it** Have you ever played a joke on anyone? What was it? What happened? How did the other person take it? Has anyone ever played a joke on you? What was it? What happened? How did you take it? Do you have anything equivalent to April Fool's Day in your country? When is it? What sort of jokes do people play on one another?

**Exams** This reading and listening activity will help prepare you for English exams such as FCE, IELTS and TOEFL.

© TRACK 15: ENGLISHMAN & SCOTSWOMAN



Answers on page 44

### 1 Pre-reading

You're going to read an article about some famous April Fool's Day jokes. Look at the paragraph titles. What do you think the jokes involved? Make notes.

### 2 Reading I

Read or listen to the article once. Were any of your ideas from the Pre-reading activity mentioned?

### 3 Reading II

Read the article again. Then, answer the questions.

1. Who did Margaret Thatcher have an affair with, according to the *Daily Mirror*?
2. What part of Gorbachev's body did Thatcher tickle?
3. Why are gondolas painted black?
4. Who was questioned as part of the market research on the gondolas?
5. What colours were suggested for the gondolas?
6. What was the chemistry department's solution to the lack of high voices?
7. What did the video show one of the singers doing?
8. What were viewers warned not to do at the end of the video?

Every 1st April, British people like to play jokes on each other. As a result, the day has become known as April Fool's Day. These days, newspapers and radio stations from around the world play jokes on the public that leave them confused, concerned and even frightened. Here are some famous April Fools' Day jokes.



#### A romance

On 1st April 1987, *The Daily Mirror* published a story about a love affair between British Prime Minister Margaret Thatcher and Soviet President Mikhail Gorbachev. This apparently took place during a tour of the Soviet Union by Thatcher. There were even photos of the two world leaders sitting together in Moscow's Gorky Park. In one photo, Thatcher could be seen **tickling** Gorbachev under his **chin**. In another, the two walked arm in arm and even kissed. The photos were posed by **lookalikes**, but they succeeded in **fooling** thousands.

#### Gondolas

For hundreds of years, the **gondolas** of Venice have been coloured black... and only black. According to legend, this is because after the **plague** in Venice during the sixteenth century, it



was agreed that gondolas would be black as a **tribute** to the victims. However, on 1st April 1995, the newspaper *Il Gazzettino di Venezia* reported that the **city council** had decided that gondolas should be coloured with bright shades of red, yellow, blue and green. The city council, the paper said, arrived at the decision after conducting "thorough **market research** on the tastes of tourists and Venetians". This research showed, they said, that people were tired of seeing "**dismal**" black boats on the canals of Venice.



#### Choir boys

On 1st April 2014, the world-famous King's College **Choir** released a video explaining how they could no longer use young boys for their high voices. Instead, they had to find other ways to **replicate** the high **pitch** of the boys' **preadolescent** voices. As many singers had refused the "surgical solution", the

choir leaders had finally agreed to a suggestion from the Chemistry Department: to use **helium**. "High male voices have been part of the choir for more than 500 years," a **minister** explained in the video. "Now all we need is a very large tank of helium." The video showed a group of singers, one of whom can be seen **sucking** in helium from a balloon while he sings. The video generated almost one million **views** on YouTube. A message at the end of the video read, "Do not try this at home!"

Ha, ha, ha! ☺

### GLOSSARY

- a **fool** *n*  
an idiot; a stupid person
- to **tickle** *vb*  
when you "tickle" someone, you move your fingers over their body to make them laugh
- a **chin** *n*  
the part of your face that is below your mouth and above your neck
- a **lookalike** *n*  
someone who looks similar to another person
- to **fool** *vb*  
to trick
- a **gondola** *n*  
a boat that is used for transport on the canals in Venice (Italy)
- a **plague** *n*  
a very infectious disease which causes death
- a **tribute** *n*  
something you say or do to show your respect for someone
- a **city council** *n*  
the elected government for a city
- market research** *n*  
if you carry out "market research", you ask people questions in order to get information
- dismal** *adj*  
very bad
- a **choir** *n*  
a group of people who sing together in a church, school, etc.
- to **replicate** *vb*  
if you "replicate" something, you copy it
- pitch** *n*  
the "pitch" of a sound is how high or low it is
- preadolescent** *adj*  
a person of between 10 and 12 years old – just before adolescence (from the ages of 13 to 19 more or less)
- helium** *n*  
a very light gas that is colourless and has no smell. If you breathe in helium, it makes your voice sound very high
- a **minister** *n*  
a member of the clergy, especially in Protestant churches
- to **suck** *vb*  
if you "suck" something, you hold it in your mouth and use the muscles in your cheeks to get something out of it
- a **view** *n*  
each time someone watches a video on YouTube it's a "view"



**Objective** To improve your listening and reading skills.

**Think about it** Have you done anything silly or stupid lately? For example: you lost something, you dropped something, you mistook someone for another person...What happened? What were the consequences? Have you read or heard about anyone doing something stupid lately? What was it? What stupid things could robbers do while trying to rob someone or a place? Have you read any stories of stupid criminals lately? What happened?

**Exams** This listening activity will help prepare you for English exams such as FCE, IELTS and TOEFL.

🎧 **TRACK 16:** ENGLISHMAN & SCOTSWOMAN

I FEEL A BIT STUPID!

# REALLY STUPID CRIMINALS!

## GLOSSARY

**to pull out** *phr vb*  
if someone "pulls out" a gun, they take it from a bag, holster, etc.

**a bank clerk** *n*  
a person who works in a bank, serving customers

**a warning shot** *n*  
if someone fires a "warning shot", they shoot a gun in the air to frighten people

**to peer** *vb*  
if you "peer" into something, you look into it

**a barrel** *n*  
the long part of a gun that a bullet travels through as it comes out of the gun

**a trigger** *n*  
the part of a gun you pull when you want to fire it

**to flash** *vb*  
if you "flash" something, you show it quickly

**cash** *n*  
money in the form of notes (paper money) and coins (metal money)

**a cash till** *n*  
the machine in a shop where the money is kept. It's also used to record how much money people pay. Also, a "cash register"

**an onion ring** *n*  
a type of food that consists of a circle of onion that has been fried in batter (a mixture of water, flour and fat)

**to grab** *vb*  
to take quickly with your hands

**to flee** *vb*  
to escape; to run away

**to siphon** *vb*  
if you "siphon" liquid from a container, you take the liquid through a tube and down into a lower container

**a motor home** *n*  
a large vehicle with beds, a kitchen, a toilet, etc. "Motor homes" are used for going on holidays or long journeys

**to get more than you bargained for** *exp*  
to receive more than you expected to receive

**to curl up** *phr vb*  
to form a ball with your body, often because you're in pain

**in agony** *exp*  
in a lot of pain

**to suck** *vb*  
if you "suck" something, you hold it in your mouth (the hose in this case) and use the muscles in your cheeks to get something out of it (petrol in this case)

**a hose** *n*  
a long, rubber tube that water can flow through

**a sewage tank** *n*  
a container for holding water from toilets, etc.

**to punish** *vb*  
if you "punish" someone, you do something bad to them because they've committed a crime, or they've done something bad to another person, etc.

Answers on page 44

### 1 Pre-reading

What can go wrong during a robbery? Think of as many ideas as you can. For example: *the robber could drop the gun...*

### 2 Reading I

Read or listen to the article once. Were any of your ideas from the Pre-reading activity mentioned? Which robber is the most hopeless? Why?

### 3 Reading II

Read the article again. Then, answer the questions.

1. Why did the 26-year-old peer down the barrel of his gun?
2. What happened next?
3. Why couldn't the 24-year-old order any onion rings?
4. What did he order in the end?
5. What did the 32-year-old place on the counter?
6. How much did he make from the robbery?
7. What was the 27-year-old attempting to rob?
8. What did he end up swallowing?

Committing a robbery takes careful planning. But it seems that some criminals aren't willing to do any preparation, as these examples clearly show.

A 26-year-old man **pulled out** a gun in a bank and demanded the money. The **bank clerk** refused. So, the thief fired a **warning shot** in the air. Unfortunately, the gun failed to go off. So, he did what any normal person would do: he turned the gun around, **peered** down the **barrel** and tried the **trigger** again. This time it worked.

A 24-year-old man walked into a Burger King in Michigan at 5am. He **flashed** a gun and demanded the **cash**. The clerk apologised and explained that he could only open the **cash till** with a food order. So, the thief ordered some **onion rings**. Then, the clerk explained that onion rings weren't available until 11am, and that he would have to order something from the breakfast menu. Frustrated, the gunman walked away.

A 32-year-old man walked into a 7/11 store, put a \$20 bill on the counter and asked for change. When the clerk opened the cash till, the man pulled out a gun and demanded all the money in the till. Quickly, the clerk held the money out to him. The man **grabbed** the cash and **fled**, leaving his \$20 note on the counter. Unfortunately, the total amount he got from the till was \$15 – making him a \$5 loss.

A 27-year-old man attempted to **siphon** petrol from a **motor home** but **got more than he bargained for**. Police arrived at the scene to find a man **curled up** on the ground in **agony**. A police spokesperson later explained that the man had tried to steal petrol by **sucking** on a **hose**. However, he'd plugged his hose into the motor home's **sewage tank** by mistake, and sucked up a large quantity of waste water. The owner of the vehicle declined to press charges, saying that the man had been **punished** enough.

Yuk! ☹️

**Objective** To improve your listening skills.

**Think about it** Have you ever had a minor accident? For example: you cut yourself, you fell down, you slipped on ice... What happened? Where were you? Who helped you? How did you get better? Have you ever broken an arm or a leg? How did you break it? How long did it take to get better? What do you do to avoid accidents? How can you make your home safe?

**Exams** This reading and listening activity will help prepare you for English exams such as FCE, IELTS and TOEFL

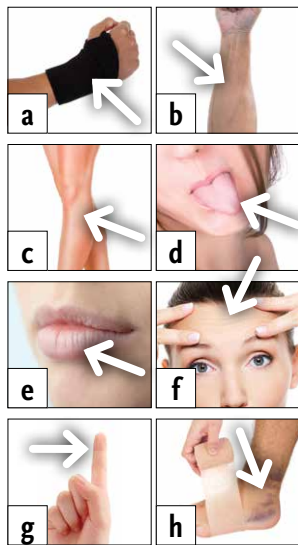
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Answers on page 44

## 1 Pre-reading

Match the words (1 to 8) to the pictures (a-h).

1. Lip
2. Ankle
3. Wrist
4. Forehead
5. Tongue
6. Finger
7. Arm
8. Leg



## 2 Reading I

What accidents could you have with the following things: *a pile of magazines, a tricycle, a metal bridge, a gun, a dog, gymnastics, a stage in a nightclub*. Make notes. Then, read or listen to the article once to compare your ideas.

## 3 Reading II

Read the article again. Then, write the name of a person next to each statement. Who...

1. ...managed to shoot himself?
2. ...broke his arm?
3. ...crashed into a tree?
4. ...was attacked by a tiny creature?
5. ...injured herself in a doctor's waiting room?
6. ...broke her leg while she was having a good time?
7. ...was trying to impress his mum and sister?
8. ...had to be rescued by the fire brigade?

IT COULD HAVE HAPPENED TO ANYONE!



# RIDICULOUS ACCIDENTS!

We asked a few people to tell us about any accidents they'd had. It seems that age is no barrier to stupidity.

"After a game of tennis once, I went to the doctor with a **sprained** ankle. However, in the waiting room, I **tripped** over a **pile of** magazines that were on the floor and sprained my wrist too. The doctor couldn't believe it."

**Samantha, 28**

"Some friends and I were having tricycle races down a really **steep** hill once. As I was going down, a car **pulled into** the road. I had to **swerve** and went flying into a tree, and I banged my forehead and needed six **stitches**."

"While in Norway one Christmas, we went for a walk in the afternoon. There was a metal bridge. I wanted to know how cold it was, so I **licked** it. Big mistake. My tongue **got stuck** on the metal and wouldn't come off no matter how hard I pulled. Eventually, my aunt had to call the fire brigade. They got my tongue off by blowing warm **steam** onto it."

**Jenny, 44**

in a security company, I had to give a gun safety demonstration. While I was showing the **recruits** the safest way to inspect a weapon, the gun went off. Luckily, the bullet just **grazed** one of my fingers, but it could have been a lot worse. Trying to ignore the bleeding, I picked up another gun to **carry on**, at which point several people got up to leave."

**Frank, 77**

"I was at my uncle's house once, playing with his little Yorkshire Terrier called Rambo. For one of the games, I put a biscuit in my mouth and told Rambo to come and get it. Excited, Rambo jumped up, **snapped** the biscuit out of my mouth and **tore into** my lower lip. I needed three stitches."

**Geraldine, 33**

"I was in the basement once doing some gymnastics. Having done a couple of perfect **back flips**, I called in my mum and sister so I could show them how good I was at it. However, this time, I **landed** really badly and broke my arm, and they had to take me to hospital."

**Paul, 51**

"I fell off a nightclub stage once. I was drunk and

dancing on it and didn't realise where it ended. I managed to break a leg. There was a video of it that got uploaded to YouTube."

**Natalie, 66**

## GLOSSARY

**sprained** *adj*  
if you "sprained" your ankle or wrist, you accidentally twisted or bent it violently

**to trip** *vb*  
when you "trip", you hit something with your foot and fall

**a pile of** *exp*  
a "pile of" magazines (for example) consists of many magazines all on top of each other

**steep** *adj*  
if a hill (for example) is "steep", it goes up very quickly and it's difficult to climb

**to pull into** *phr vb*  
if a car "pulls into" a road, it enters that road

**to swerve** *vb*  
if you "swerve", you turn the vehicle quickly, often so you don't hit something

**a stitch** *n*  
if you put "stitches" in someone's body, you use a needle (a thin piece of metal) and thread (a thin piece of material) to join two pieces of skin together

**to lick** *vb*  
if you "lick" something, you touch it with your tongue

**to get stuck** *exp*  
if you "get stuck", you become trapped in a place and can't escape or get out

**steam** *n*  
warm air in the form of a gas

**a recruit** *n*  
a person who is training to be a soldier, police officer, etc.

**to graze** *vb*  
if you "graze" a part of your body, you cut the skin a little bit

**to carry on** *phr vb*  
to continue

**to snap** *vb*  
if a dog "snaps" at you, it tries to bite you

**to tear into** *phr vb*  
if you "tear into" something, you enter it suddenly

**a back flip** *n*  
if you do a "back flip", you jump into the air backwards and then land on your feet

**to land** *vb*  
the way you "land" is the way your body hits the ground after you jump



# THE ECONOMY

Learn some useful words for talking about the economy.

## 1 The economy



A country's "economy" is the wealth that it gets from business and industry.  
**"The country's economy grew at an annual rate of more than 5%."**

## 2 Raw materials



"Raw materials are in their natural state and haven't been processed in factories. For example: iron ore, coal, gold, tobacco..."  
**"They import raw materials and energy, and export mainly electronic goods."**

## 3 Imports



Products or raw materials that you buy from another country and bring into your country.  
**"Farmers were protesting about cheap imports that were damaging their businesses."**

## 4 Exports



Goods which you sell to another country and send there.  
**"Their main exports are cocoa and coffee."**

## 5 National debt / government debt



The amount of money a government owes to creditors or other countries.  
**"UK government debt is around £1.5 trillion, or about 80% of total GDP."**

## 6 Deficit



If a country has a "deficit", it has spent more money than it has received. Also known as a "budget deficit".  
**"Total revenue for last year was £673 billion, but total expenditure was £742 billion. So, the total deficit was £69 billion."**

## 7 Budget



The amount of money that a country has available to spend on something.  
**"This year's budget for education probably won't be as high as last year."**

## 8 Inflation



Inflation is a general increase in the prices of goods and services in a country.  
**"Rising unemployment and high inflation led to protests all over the country."**

## 9 Supply



The quantity of goods and services that is available for people to buy.  
**"Prices change according to supply and demand."**

## 10 Demand



If there's a high demand for something, many people want it.  
**"Demand for coal is down and so are prices."**

## 11 Employment



If there's full "employment", everyone has a job.  
**"The government's economic policies were designed to secure full employment."**

## 12 GDP (Gross Domestic Product)



"A country's "GDP" is the total value of goods and services produced in a year, not including income from investments in other countries.  
**"Last year, the government deficit represented about 30% of GDP."**



**Objective** To improve your listening skills.

**Think about it** When was the last time you left a voicemail message on someone's phone? Who was it for? What did you say? Why did you have to leave a message? When was the last time someone left a message on your phone? Who left the message? What was it for? How important was it? What are your top tips for leaving messages?

**Exams** This listening activity will help prepare you for English exams such as FCE, IELTS and TOEFL.

PLEASE PICK UP!

## Listening activity

### Note!

Don't read the audio script until you've completed the exercises and activities.

Answers on page 44

### 1 Pre-listening

What sort of messages do people typically leave when they go to voicemail? What things do they typically ask or mention? For example: *I need to talk to you about the meeting. Could you call me back, please?*

### 2 Listening I

You're going to listen to six voicemail messages? Listen once. Were any of your ideas from the Pre-listening activity mentioned? Which message is the best or most effective? Which one is the worst? Why?

### 3 Listening II

Listen again. Then, answer the questions.

- Message 1:** What's John Nichols' mobile number?
- Message 1:** What's his e-mail address?
- Message 2:** What's Jessica's number?
- Message 3:** When did Paul last speak to Mike?
- Message 4:** What's Abbie's number?
- Message 5:** What is Jayden's phone number?
- Message 6:** How much does Molly say she can save Sarah?

### Audio script

# Voicemail messages

#### Message 1

Hi, I'm John Nichols from Resale Valuers Limited. I'm just calling about the house sale we were discussing. You can reach me on 685 346 982. Or maybe e-mail works better for you. If so, my e-mail address is j.nichols@resale.com. That's j.nichols@resale.com

appliances ends pretty soon, and I'd hate for you to miss out on it. Erm, that's it, I think. Please call me back, bye... oh, I almost forgot, the phone number, call me on 690 328 546, I mean, 7, that's 547, not 546. Have a nice day!

#### Message 2

Hi, this is Jessica. I got your number from your colleague Peter Jenkins. I wanted to speak with you about your mortgage. We've got a few ideas we'd like to run by you that I think you might be interested in. My number is 699 243 156. That's 699 243 156. Give me a call!

#### Message 3

Hi Patrick, this is Jayden Pearce from UnitedShipping. Erm, I was just calling to see if we could, erm, have a chat. We specialise in parcel delivery and work with several large clients. I just wanted to update you on a few new developments and things like that. Please call me back on the number that appears on your, erm, mobile phone screen. Have a nice day... Bye!

#### Message 3

Hi Mike, this is Paul Jones from Mayling Corporation. We spoke at the conference last Saturday 23rd June. I've got some ideas that I think could help make you substantial savings. Give me a call and we can discuss them. My number is 648 923 119 and I'm Rebecca Jones. That's 648 923 119. I look forward to hearing from you.

#### Message 6

Hi Sarah. This is Molly Hind and I'm calling from the headquarters of ParkerProspects. I wanted to speak with you about our graphic design services. I've been going over the figures and I think we can offer you a substantial saving on your current design costs. I'd love to go through them with you and show you how you can save up to £5,000 a year! Please call me on 926 376 972. That's 926 376 972. I look forward to your call. ☆

#### Message 4

Hi Beth. This is, erm, Abbie. Er, I need to speak to you today as the offer for our kitchen

# "EMBARRASSING" IDIOMS

Here are some useful idioms for talking about being embarrassed, ashamed or uncomfortable.

## 1 Hot under the collar



If you get "hot under the collar", you feel angry, annoyed or embarrassed.  
"If anyone criticises him, he soon gets hot under the collar."

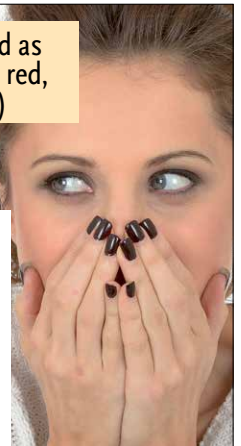
## 2 Tongue-tied



If you're "tongue-tied", you can't speak because you're nervous or embarrassed.  
"I was a bit tongue-tied at the start of the interview but I soon warmed up."

## 3 Go red (go as red as a beetroot, go beet red, go as red as a beet)

If you "go red", your face becomes red because you're embarrassed.  
"She went red when I asked her whether she liked Jeff."



## 4 Make your ears burn



If a conversation "makes your ears burn", it embarrasses you because the conversation is about you.  
"The comments I heard them make about me made my ears burn."

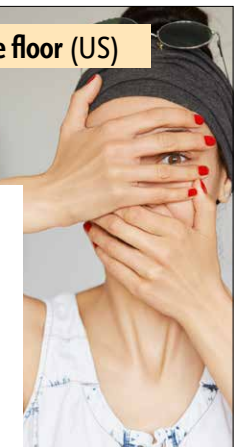
## 5 A skeleton in the cupboard / a skeleton in the closet (US English)



A hidden and terrible secret.  
"Ask what you like – I don't have any skeletons in the cupboard."

## 6 Sink through the floor (US)

If you feel that you could "sink through the floor", you feel very embarrassed.  
"I could have sunk through the floor when they read my e-mail out loud."



## 7 Wouldn't be caught/seen dead

If someone says they "wouldn't be caught dead" doing something, they mean that they'd be too embarrassed to do that thing.  
"I wouldn't be caught dead wearing clothes like that. How embarrassing!"



## 8 Close to home

If a comment is "close to home", it's true and makes you feel uncomfortable or embarrassed.  
"Josh looks embarrassed. I think Lydia's comments about him were pretty close to home!"



## 9 Put your foot in it / put your foot in your mouth

To do or say something that offends, upsets or embarrasses someone.  
"I really put my foot in it when I mentioned the surprise party – I didn't realise Jenny hadn't been invited!"



## 10 Wish the ground would swallow you up

If you "wish the ground would swallow you up", you want to disappear because you're in an embarrassing situation.  
"After falling over in front of all those people, I just wished the ground would swallow me up."



# Idioms booklets

Learn hundreds of idioms, really improve your English and speak like a native English speaker! Booklets come with images and audio files.

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# ABBA

## Thank you for the Music

*A look at one of Sweden's most successful exports: ABBA.*

KEA. Volvo. The sauna. Sweden is famous for a lot of things, but one of the most popular is the **iconic** musical super-group ABBA. They were on top of the charts all over the world from the mid-1970s. Then, in 2008, they were back in the news and charts with the success of the film and musical *Mamma Mia*.

ABBA ruled the music world from the mid-to-late 1970s to the early 1980s. The group dominated charts worldwide, releasing numerous hit singles and albums. Estimates of ABBA's total worldwide sales vary from 360 to 400 million (360 million albums in 1999), which makes them the second most successful band of all time after The Beatles. They were the first **act** from the European mainland to become a regular **fixture** in British, American and Australian charts, and their success **subsequently opened the doors for** many other European acts. ABBA left their legacy as very successful musicians who were responsible for globalising Swedish music.

ABBA was formed around 1972 by Björn Ulvaeus, Benny Andersson, Agnetha Fältskog, and Anni-Frid Lyngstad (nicknamed "Frida"). ABBA is an acronym formed from the first letters of each group member's name. They became famous in Europe after winning the 1974 Eurovision Song Contest with "Waterloo". The group consisted of two **couples**, Björn and Agnetha along with Benny and Frida. As they started making more songs together, the group became more and more popular.

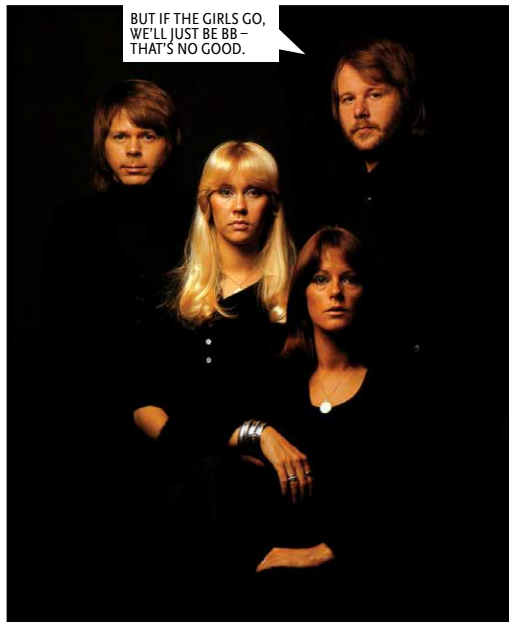
They achieved success relatively quickly and recorded several albums. They converted an old cinema into

the Polar Music Studio, a new **state-of-the-art** studio in Stockholm which was later used by several other successful bands (in fact, Led Zeppelin's *In Through the Out Door* was recorded there). In summer 1982, the group gathered to record a new album. In the end, they settled for a double album **compilation** of all their past successes with two new songs. The double album *The Singles: The*

*First Ten Years* topped the UK album chart and was a worldwide sensation. The new **tracks** were "Under Attack" and "The Day Before You Came", which was the last song ABBA ever recorded together. Two other songs were recorded during 1982, "I Am The City" and "Just Like That". While both were completed, only "I Am The City" was released on the compilation album *More ABBA Gold* in 1993. ABBA collectively decided to **take a break** at the beginning of 1983. Despite numerous efforts from fans, Björn Ulvaeus and Benny Andersson refused to release "Just Like That" in its **entirety**.

In the early 1980s, the group began **drifting apart** as they pursued different projects. Agnetha and Frida worked on solo albums while Benny and Björn collaborated with Tim Rice to write the musical *Chess* in 1984. *Chess* ran for three years in London. The show also opened on Broadway in the US (1988). But, it was a little bit different. The song order, lyrics and storyline had been altered compared with the London version, and was less successful; the show closed within weeks.

The band is no longer together, but that doesn't stop the fans from loving their music. ☺



# ABBA Trivia



ABBA won the Eurovision Song Contest on 6th April 1974 with their song "Waterloo".

The song "Dancing Queen" was at number 1 for six weeks. "Mamma Mia" for two weeks and "Fernando" for four weeks.

"Fernando" was number 1 in Australia for 14 weeks.



Agnetha doesn't like to fly.

Benny is the tallest member of ABBA (177 cm). Agnetha and Anni-Frid are both 172 cm and Björn comes in at 175 cm.

When asked what group was most likely to succeed The Beatles in terms of popularity, John Lennon named ABBA.

ABBA: The Museum opened in Stockholm in 2013.



The name for the group ABBA was created using the first letters of the names of its members: Agnetha Fältskog, Björn Ulvaeus, Benny Andersson, and Anni-Frid Lyngstad. ABBA was also the name of a seafood processing company.



Both Benny and Björn met their future wives (Frida and Agnetha respectively) when invited to sing as solo artists on a TV show.

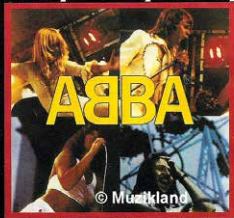


The album *ABBA Gold* was released on 21st September 1992. It's one of the group's all-time most popular albums.

Music fans of ABBA include Noel Gallagher (of Oasis), Elvis Costello and Pete Dinklage (of The Who).

Agnetha once had an affair with a Dutch fan that ended with a restraining order against him.

## Money Money Money



## Money, Money, Money Lyrics

I work all night, I work all day,  
to pay the **bills** I have to pay,  
ain't it sad.  
And still there never seems to be a single **penny** left for me,  
that's too bad.  
In my dreams I have a plan,  
If I got me a wealthy man,  
I wouldn't have to work at all,  
I'd **fool around** and have a ball...

Money, money, money, must be funny, in the rich man's world,  
Money, money, money, always sunny,  
In the rich man's world,  
Aha-ahaaa  
All the things I could do,  
If I had a little money,  
It's a rich man's world.

A man like that is hard to find  
but I can't get him off my mind,  
Ain't it sad,  
And if he happens to be free,  
I bet he wouldn't fancy me,  
That's too bad,  
So, I must leave, I'll have to go,  
To Las Vegas or Monaco,  
And win a fortune in a game,  
my life will never be the same...  
[repeat chorus]

## ABBA'S Top Ten

In a recent poll of the most popular ABBA songs, this was the definitive list. Do you agree?

1. "Money Money Money"
2. "Waterloo"
3. "Gimme Gimme Gimme"
4. "Knowing Me Knowing You"
5. "Chiquitita"
6. "I do I do I do I do I do"
7. "S.O.S."
8. "Mamma Mia"
9. "Thank You for the Music"
10. "Dancing Queen"

## Björn Again



*Björn Again* is an Abba tribute band

created in Australia by musician Rod Leissle. They have performed thousands of shows in over 50 countries. Nowadays, there are several ABBA tribute groups which Leissle oversees and manages. The show has been endorsed by Benny Andersson and Björn Ulvaeus of ABBA, although the Swedes once said, "They have lousy 'Swenglish' (half Swedish / half English) accents."

## Mamma Mia!



*Mamma Mia!* The Movie is a 2008 hit film full of ABBA songs.

The movie stars Meryl Streep, Pierce Brosnan, Colin Firth and Stellan Skarsgård. It takes place on the fictitious Greek island of Kalokairi. Donna Sheridan runs an island hotel. Her daughter, Sophie (Amanda Seyfried) is about to marry her fiancé Sky (Dominic Cooper). But just before her marriage, Sophie sends out three wedding invitations to three different men, one of whom she believes may be her father. The three men take up the offer (unaware that letters have been sent to the other two men), and make their way to the island. Sophie hasn't told her mother and waits anxiously to see which one her father is – confident that she will know immediately. A few days later, the three men (Sam, Bill, and Harry) meet at the **harbour**. Who is the father? And how will Donna react when she realises that her former lovers have arrived?

## ABBA Quotes



"I don't get it... did we look like transvestites or something?"

**Benny Andersson** talking about **drag queens** performing ABBA songs.



"I had a dream and it was fulfilled by meeting with Benny, Björn and Agnetha."

**Anni-Frid Lyngstad**

## GLOSSARY

**iconic** *adj formal*

an "iconic" group is important because they are a symbol of something (big success, in this case)

**an act** *n*

a group of performers

**a fixture** *n*

if something is a "fixture", it is always in a certain place

**subsequently** *adv*

if A happened "subsequently" to B, A happened after B

**to open the doors for** *exp*

if A opens the doors for B, A makes B possible

**a couple** *n*

two people in a relationship

**state-of-the-art** *adj*

something "state of the art" is the best available thing because it has been made with the most modern technology

**a compilation** *n*

an album, etc. that has many different items in it (songs, in this case)

**a track** *n*

one of the songs or pieces of music on an album

**to take a break** *exp*

to stop doing something temporarily

**entirety** *n*

if something is used in its "entirety", all of it is used

**to drift apart** *phr vb*

when two things "drift apart", they move in different directions slowly and gradually

**seafood** *n*

creatures from the sea that you can eat: mussels, oysters, etc.

**an affair** *n*

a relationship with someone who is not your wife, husband, partner, etc.

**a restraining order** *n*

if someone has a "restraining order" against them, they can't go near a certain person. If they do, they could be in trouble

**bills** *n*

written statements that say you owe money for goods and services

**a penny** *n*

there are 100 pennies in a pound

**to fool around** *phr vb*

to behave in a silly, dangerous or irresponsible way

**a tribute band** *n*

a band that dresses and acts like a famous group and plays their songs in concerts

**to run** *vb*

if you "run" a business, you manage it and you're in charge of it

**a harbour** *n*

a place next to the sea where a boat can take on goods or offload them

**a drag queen** *n*

a performer, usually a man, who dresses in women's clothing and who sings, dances, etc.

**to fulfil** *vb*

if your dreams are "fulfilled", they become true



I'M THE KING  
OF ROCK AND  
ROLL!

# Elvis Presley

**E**lvis Aaron Presley was a famous singer and actor who was known as the "King of Rock and Roll". Born in Tupelo (Mississippi) on 8th January 1935, Elvis' family moved to Memphis, Tennessee, when he was 13. His first single, *Heartbreak Hotel*, was released in January 1956 and became a number-one **hit** in the United States. In November of the same year, Elvis made his film debut in *Love Me Tender*. In 1958, he was **drafted** into the army. Elvis started recording again two years later. In 1968, following a seven-year break from **live performances**, he did a series of concerts in Las Vegas. However, after several years of **prescription drug abuse**, Elvis died on 16th August 1977. He was just 42 years old.



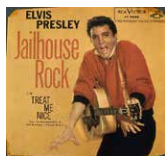
## 1 Hound Dog

*Hound Dog* was written by Jerry Leiber and Mike Stoller. It has been recorded several times, but the best-

known version is the July 1956 recording by Elvis Presley. It sold about 10 million copies globally.

### Song extract

Well, they said you was high class,  
Well, that was just a lie  
Yeah they said you was high class,  
Well, that was just a lie,  
Well, you **ain't** never caught a rabbit, and you  
**ain't** no friend of mine.



## 2 Jailhouse Rock

*Jailhouse Rock* is another song by Jerry Leiber and Mike Stoller. It was **released** on 24th September 1957 to **coincide** with the release of Elvis' film of the same name.

### Song extract

Spider Murphy played the tenor **saxophone**,  
Little Joe was blowing on the slide **trombone**,  
The **drummer boy** from Illinois went crash,  
boom, bang,  
The whole rhythm section was the Purple Gang.  
Let's rock; everybody, let's rock,

*Everybody in the whole cell block,  
Was dancing to the Jailhouse Rock.*

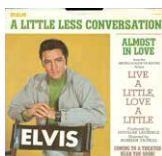


## 3 Suspicious Minds

*Suspicious Minds* was written and first recorded by American songwriter Mark James. Unfortunately, it was a **commercial failure**. It was later given to Elvis and became a number-one song in 1969. It was one of Elvis' biggest hits.

### Song extract

Well, here we go again,  
Asking where I've been,  
You can't see the **tears** are real and I'm crying,  
[Yes I'm crying.]  
We can't go on together,  
With **suspicious minds**,  
And we can't build our dreams,  
On **suspicious minds**.



## 3 A Little Less Conversation

*A Little Less Conversation* was written by Mac Davis and Billy Strange. It was originally performed by Elvis Presley for the 1968 film *Live a Little, Love a Little*. A 2002 **remix** by Junkie XL (a **Dutch DJ** and composer) of a later re-recording of the song by Elvis became a worldwide hit, **topping** the **singles charts** in nine countries.

### Song extract

Baby close your eyes and listen to the music,  
**Drifting** through a summer **breeze**,  
It's a **groovy** night and I can show you how  
to use it,  
Come along with me and put your mind  
**at ease**,  
A little less conversation, a little more  
action please,  
All this **aggravation** ain't **satisfactioning** me,  
A little more bite and a little less **bark**,  
A little less fight and a little more **spark**,  
Close your mouth and open up your heart  
and baby satisfy me [Satisfy me],  
Satisfy me, baby [Satisfy me]. ☺

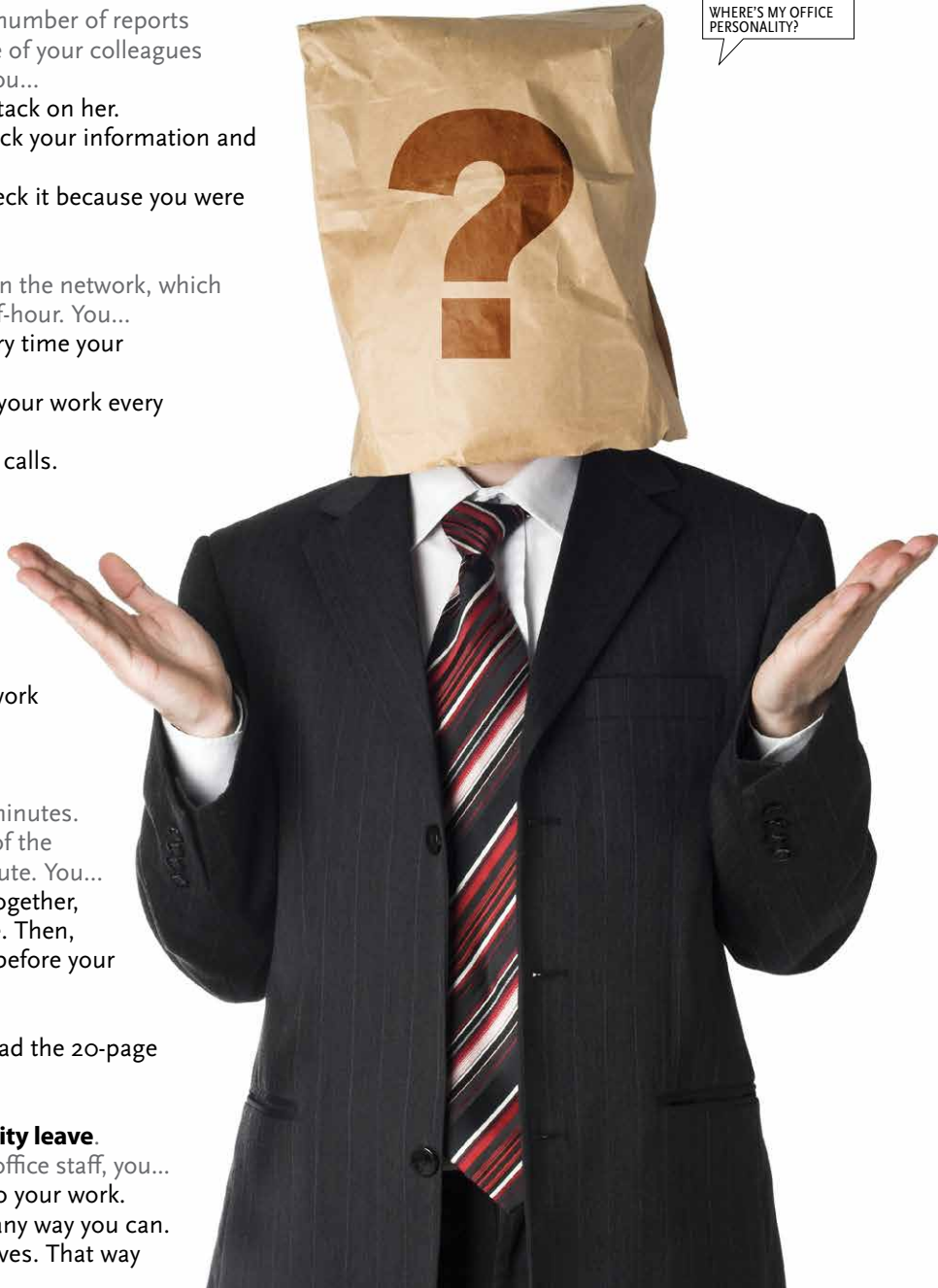
## GLOSSARY

- a hit** *n*  
a popular and successful song
- to draft** *vb*  
if someone is "drafted" into the armed forces, they must join the armed forces
- a live performance** *n*  
if someone gives a "live performance", they sing in front of an audience of people (it isn't a recorded version of a song, etc.)
- a prescription drug** *n*  
a drug a doctor says you need to take
- (drug) abuse** *n*  
using drugs the wrong way: taking too many, taking the wrong type, etc.
- ain't** *abbr*  
haven't (sometimes it can mean "isn't")
- to release** *vb*  
the date a song is "released" is the time it appears in shops, on the radio, etc.
- to coincide** *vb*  
if one event "coincides" with another, they happen at the same time
- a saxophone** *n*  
a musical instrument for playing jazz. It's often golden and has a curved metal tube
- a trombone** *n*  
a musical instrument for playing jazz. It's got a long metal tube
- a drummer boy** *n*  
a boy who plays the drums – a set of percussion instruments that you hit with sticks
- a commercial failure** *n*  
if a song is a "commercial failure", it doesn't make any money
- a tear** *n*  
"tears" are drops of liquid that come out of your eyes
- a suspicious mind** *n*  
someone with a "suspicious mind" doesn't trust their partner and thinks they're seeing other men or women
- a remix** *n*  
a new version of a piece of music
- Dutch** *adj*  
a "Dutch" person is from Holland / the Netherlands
- to top** *vb*  
if a song "tops" the charts, it goes the top position in the charts
- the singles charts** *n*  
a list of the most popular songs in a country
- to drift** *vb*  
if music is "drifting" somewhere, it's carried there by the wind
- a breeze** *n*  
a light wind
- groovy** *adj*  
exciting
- at ease** *exp*  
if you're "at ease", you're relaxed
- aggravation** *n*  
if there's "aggravation", something is annoying you
- to satisfaction** *vb*  
this is an invented verb – the Standard English version would be "to satisfy". If something "satisfies" you, it makes you feel happy
- bark** *n*  
if there's a "bark", someone makes an angry sound with their voice
- spark** *n*  
energy, enthusiasm

# OFFICE PERSONALITIES

## Office personality quiz.

- 1 There is a staff meeting. You prepared a number of reports for the meeting. During the meeting, one of your colleagues notices a serious mistake in your data. You...
  - a. ...try to shift attention by launching an attack on her.
  - b. ...apologetically tell everyone you will check your information and get back to them **asap**.
  - c. ...tell the staff you didn't have time to check it because you were working on other things.
- 2 The IT department is currently working on the network, which causes your computer to **crash** every half-hour. You...
  - a. ...call the IT department to complain every time your computer crashes.
  - b. ...inform your co-workers you are saving your work every 5 minutes, and tell them to do the same.
  - c. ...stop working and make some personal calls.
- 3 Your boss has asked you to work on an urgent project for her. It will require a lot of **overtime**. Your assistant has had a holiday planned next month. You...
  - a. ...tell your assistant to either cancel his plans or look for another job.
  - b. ...tell your assistant that you will do the work and that he can enjoy his holiday.
  - c. ...plan to **call in sick** that week.
- 4 Your boss is giving a presentation in 15 minutes. You notice a spelling mistake on page 3 of the 20-page document she's going to distribute. You...
  - a. ...call the intern who put the document together, scream at him for not seeing the mistake. Then, you tell him to make 15 copies of page 3 before your boss goes into the meeting.
  - b. ...reprint page 3 yourself.
  - c. ...ignore it because nobody is going to read the 20-page document anyway.
- 5 A co-worker has been off work on **maternity leave**. When she brings the baby in to meet the office staff, you...
  - a. ...congratulate her quickly and get back to your work.
  - b. ...play with the baby and offer to help in any way you can.
  - c. ...stay with her and the baby until she leaves. That way you don't have to do any work.



### Results If you answered...

#### mostly a's

You are the Office Psycho.  
You work obsessively. You expect the rest of your colleagues to do the same including plenty of overtime. You may need to learn that there's more to life than work.

#### mostly b's

You are the Office Saint.  
You often do more work than necessary. You always help your co-workers even if you have too much work to do yourself. You need to learn to say no once in a while and not feel guilty when you do.

#### mostly c's

You are the Office Layabout.  
You don't take your job very seriously and your work is often late, sloppy and full of mistakes. Your co-workers think you are lazy and complain about you. Hopefully, you are looking for another job, because you may be fired soon.

#### mixture of letters

If you have a mixture of letters, you are the typical office worker. Everyone has bad days depending on what mood they're in. Just be aware of yourself, and always apologise to anyone you may have offended.

### GLOSSARY

**asap** *abbr*  
as soon as possible  
**to crash** *vb*  
if your computer "crashes", it turns off suddenly  
**overtime** *n*  
extra time that you do at work  
**to call in sick** *exp*  
to telephone someone at your place of work in order to inform them that you are ill / sick  
**maternity leave** *n*  
a holiday given to mothers of newborn babies



**Objective** To improve your advanced listening skills by listening to several speakers chatting in an informal setting.

**Think about it** When was the last time you went somewhere by plane? What was it like? How long was the trip? What did you do on the flight? Who did you sit next to? Did you speak to them? Why? Why not? Which airport did you fly from? How long did you spend there? What did you do in the airport? Did you have anything to eat or drink? What?

**Exams** This reading and listening activity will help prepare you for English exams such as CAE, IELTS and TOEFL.

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### Note!

Don't read the audio script until you've completed the exercises. Also, please note that when people chat informally, they often use non-standard English, correct themselves, repeat themselves, rarely speak in full sentences and even make factual or grammatical mistakes because they're speaking fast.

## GROUP TALK

# WHAT DO YOU LIKE ABOUT FLYING?

Answers on page 44

### 1 Listening I

You're going to listen to some people talking about flying and airports. Make a list of the things you like or dislike about flying and airports. For example: I hate the delays, I like meeting people on the plane... Then, listen once. Were any of your ideas mentioned in the conversation?

### 2 Listening II

Listen again. Then, answer the questions.

1. What did one of the female speakers lose once?
2. How long was her flight delayed?
3. What form of transport does she like to take? Why?
4. How long does the male speaker say is acceptable for a delay?
5. Why does the other female speaker like shopping at airports?
6. What does she later say about sleeping on planes?

### Audio script

**Jim:** So I, er, went on a flight last week. I really like flying...

**Hannah:** Really?

**Bob:** Yeah, there's something about it. I just like the whole thing of going to the airport and getting something to eat.

**Hannah:** I quite like it because usually I'm going on a holiday or I'm going to a new destination...that's what I like.

**Jenny:** I've had the worst experiences. Like, my bags have gotten lost, my flight – my flight on the way to come here to Spain was delayed six hours.

**Hannah:** Wow!

**Jenny:** I was sitting in the American airport for six hours doing nothing and they kept saying the flight was gonna come and it just kept not showing up. That happens all the time. And I've lost my bag several times and, so, I always like to take the train. It's a lot easier, it's more comfortable.

**Bob:** Yeah.

**Hannah:** Yeah, I guess so.

**Bob:** It's annoying when they sort of don't... when you don't know how long the delay is gonna take. If it's like, like, an hour, it's OK.

**Hannah:** Yeah.

**Bob:** I quite like being in airports... go to the bookshop, get a newspaper... just read.

**Hannah:** Yeah, I quite like that. I always like staying in the airports, where everything is tax free... you just want to do more shopping. I buy things I probably wouldn't normally buy back home, but I just go to the airport, buy that and then you go and you can sit for your plane and get a bit of food, read a bit of your new book, and then when you get on the plane it's just... I don't know! It's quite fun. I like it.

**Jenny:** I've never gone shopping in an airport really before.

**Hannah:** No?

**Bob:** That's funny.

**Jenny:** Airplanes, they just make me so tired...

**Hannah:** Yeah, I guess so and then you do sleep, but you never really sleep...

**Jenny:** No.

**Bob:** Yeah.

**Hannah:** I quite like them though, they're fun.

[fades out]

### Top tip: how to listen

The most important thing to remember when listening to a conversation is that you won't understand every word. So, you should only listen out for the key words – the most important words in the conversation: the nouns, verbs, adjectives, etc. Then, you can use your intuition to guess what the people are saying – just as you do in your own language. Knowing the context and topic of the conversation will help with this.



**Think about it** What are some of your favourite animals? Why do you like them? What are some of the cutest animals in the world? Why are they so cute? Have you ever had a pet? What was it? How did you look after it? What was it like (its character, what it looked like, etc.)? Have you ever been bitten or attacked by an animal? What happened? Why do you think it did that? What did you do?

**Exams** This activity will help prepare you for English exams such as CAE, IELTS and TOEFL.

TRACK 21: ENGLISHMAN & SCOTSWOMAN



HOW CUTE AM I?

# FURRY, FAST AND FURIOUS!

**W**hat's your favourite animal? There are lots of really **cute** creatures, but even the nice-looking ones can be dangerous sometimes. Here are four cute animals you really don't want to mess with.



## The slow loris

The slow loris is cute – there's no doubt about it. But when they feel threatened, they will bite. Worse, they fill their mouths with **venom** first. They do this by throwing their arms over their heads (which looks really cute), then licking the toxin-producing **glands** in their upper arms. The venom isn't strong enough to kill a human, but it does hurt. In one famous incident, singer Lady Gaga was bitten while she was filming a video clip to accompany her single *GUY (Girl Under You)*. The loris was promptly placed in its **cage** and **removed**.



## The sloth

Slow-moving sloths can rotate their heads nearly 90 degrees, and have a cute mouth that makes it look like they're permanently smiling. The unusual creatures spend most of their lives in trees in Central and South America, using their long **claws** to hang

onto **branches** while they **feast** on the leaves. When they do move, it's usually very, very slowly. However, although they appear **dozy**, their claws are **razor sharp**. And if they're disturbed while sleeping, they may **fly into a violent rage**, **lashing out** at anything within reach.



## The beaver

With their flat tails and furry faces, beavers are adorable. But they've also got razor-sharp teeth that never stop growing. And they're fiercely **territorial**. A fisherman from Belarus died after a beaver bit through his **femoral artery**. And a 20-year-old from Scotland was attacked recently. He went to investigate a small creature he noticed in a field when a wild beaver **leapt up** and attacked him. "I was trying to get closer to it and then it just started looking at me and **growling** and that was when it jumped," he explained in an interview in the *Daily Mail*. "It all happened really quickly, and it was pretty scary."



## The koala

**Cuddly** koalas spend up to 20 hours a day sleeping, and with their cute faces and the way they curl

up into a little ball, who wouldn't want to hug one? But koalas can also get pretty **vicious**. According to an article in the *Daily Mail* from December 2014, Australian Mary Anne Forster was bitten after trying to protect her two dogs from an aggressive koala. The koala **sank** its teeth into Forster's leg and refused to let go. She eventually had to reach into its mouth to **pry** its **jaws** **apart**. She then walked 2km home, before finally being admitted to hospital.

They may be cute, but they can also be deadly. Take care! ☆

## GLOSSARY

**cute** *adj*  
nice and attractive  
**venom** *n*  
poison – a substance that can kill you  
**a gland** *n*  
an organ in the body which produces chemical substances  
**a cage** *n*  
a structure of wire or metal bars where birds or animals are kept  
**to remove** *vb*  
if you "remove" something, you take it away  
**claws** *n*  
the thin, hard, curved things at the end of an animal's feet  
**a branch** *n*  
a part of a tree that grows from its trunk and that has leaves on it  
**to feast** *vb*  
to eat  
**dozy** *adj*  
sleepy, tired  
**razor sharp** *adj*  
something that is "razor sharp" is very sharp and can cut easily  
**to fly into a rage** *exp*  
to become very angry suddenly  
**to lash out** *phr vb*  
if someone "lashes out", they start hitting people  
**territorial** *adj*  
an animal that is "territorial" defends its home and the area around it  
**a femoral artery** *n*  
an artery in your upper leg. An artery is a tube that carries blood from your heart to the rest of your body  
**to leap up** *phr vb*  
to jump up  
**to growl** *vb*  
to make a low, angry sound  
**cuddly** *adj*  
if something is "cuddly", you want to cuddle it (hold it in your arms)  
**vicious** *adj*  
aggressive and violent  
**to sink** *vb*  
if an animal "sinks" its teeth into you, it bites you very deeply  
**to pry apart** *phr vb*  
to use your hands to open something (a mouth, in this case)  
**a jaw** *n*  
the lower part of your face below your mouth

Answers on page 44

## 1 Pre-reading

Look at the pictures of the animals? How would you describe them? Which one looks the cutest? In what way could they be dangerous?

## 2 Reading I

Read or listen to the article to compare your ideas from the Pre-reading activity. Which animal is potentially the most dangerous? Which one would you like to hold or pet? Why?

## 3 Reading II

Read the article again. Then, write the name of an animal next to each statement. Which animal...

- ...once attacked a curious Scotsman?
- ...has a permanent smile on its face?
- ...once attacked an Australian woman?
- ...gets angry if you wake him up?
- ...fills its mouth with venom before biting?
- ...has teeth that never stop growing?
- ...was behaving aggressively to two dogs?
- ...once attacked a celebrity?



**Think about it** What are some of your favourite ghost stories? What are they about? Have you seen any films about ghosts? What are they about? How scary were they? Have you ever been in a haunted house? Where was it? In what way was it haunted? What had happened there? Who was the ghost? Have you ever felt a ghostly presence? What was it? What happened? Who was it? How did you feel? Have you read any articles in the news about ghosts? What were they?

DON'T BE GREEDY!



# THE GOLDEN HAND

Read this ghost story... if you dare!

**G**eoffrey Gibbons was a millionaire but he lived a **frugal** life. He drove a 15-year-old car, repaired his own clothes and never went away on holiday. The only thing he was interested in was money.

Geoffrey's fascination with money began at an early age. His father had set up a furniture making business that soon became a multi-million pound company. When his father **passed away**, Geoffrey took over the family business. However, things hadn't been going so well recently. Geoffrey's firm produced high-quality **handmade** furniture for top prices. But there was a new competitor in the market, offering **factory-made** products for very little.

Geoffrey (57) needed finance for a new, automated factory so he could compete. But he refused to go the banks as they charged such high interest rates. So, he'd been **investing reserve funds** from his firm in the stock market. But his investments hadn't been doing well. In fact, he was heavily **in debt**. But one day, his luck seemed to change. Normally, he never noticed any of his neighbours, but when an attractive woman moved into the area, he immediately took interest. Conveniently, he would **run into** her on the street and they would talk. One thing he noticed about her was that she always wore **gloves**.

One evening, he was driving home in the rain when he saw her. "Can I **give** you a **lift**?" he asked. "Yes, please," she said,

pleased to get out of the rain. "Well, climb in then," he said as he opened the car door for her. As she was getting in, he noticed her hand under the glove. It was golden. He asked her about it. She explained that as a child she'd lost her hand in an accident and her father paid for it to be replaced by one made of pure gold.

"Gold!" the man thought. "Now this is interesting!" **Overcome with greed**, he could think of nothing else but possessing that golden hand. So, he began **pursuing** her: he flirted and **flattered** her in every way he could think of. Eventually, she fell in love, and within a month they were married. But within another month, she was dead. Geoffrey had been **poisoning** her a little bit every day. No one suspected murder. She was **buried**, but without her golden hand.

On the night of the funeral, Geoffrey placed the golden hand under his pillow and went to sleep. But at around 2am, he woke up. There was a storm. **Branches** from a tree were banging against the window, the **shutters** were **rattling** and the wind was **whistling** down the chimney. All of a sudden, there was a low moaning sound. Geoffrey sat up. To his horror, the bedroom door **handle** started to move, and the door opened very slowly. Seconds later, a ghostly figure walked in. It was his dead wife. "Give me back my golden hand!" she said as she **glided** towards him. "Give me back my golden hand!"

Geoffrey tried to speak, but

he couldn't. The phantom moved closer. "Give me back my golden hand!" she **howled**. And as she was getting closer, the golden hand that was under his pillow slowly **slithered** up to Geoffrey's neck and began to **strangle** him. Within seconds, Geoffrey was dead. ☠

## GLOSSARY

- frugal** *adj*  
people who are "frugal" do not eat much or spend much money
- to pass away** *phr vb*  
to die
- handmade** *adj*  
made by hand (not by a machine)
- factory-made** *adj*  
made by a machine in a factory
- to invest** *vb*  
if you "invest" money, you buy a house, shares, etc. in the hope that you will make a profit
- reserve funds** *n*  
money that is kept for emergencies
- in debt** *exp*  
if you're "in debt", you owe people money
- to run into** *phr vb*  
if you "run into" someone, you meet them in the street accidentally
- gloves** *n*  
clothing you wear to cover your hands
- to give someone a lift** *exp*  
to take someone in your car to a place: the train station, the airport, etc.
- overcome with greed** *exp*  
if you're "overcome with greed", you really want more and more of something, even though you don't need it
- to pursue** *vb*  
if you "pursue" someone, you follow them so you can catch them (in this case, "marry" them)
- to flatter** *vb*  
to say nice things to someone, often because you want something from them
- to poison** *vb*  
to kill someone by giving them "poison" – a chemical that can kill you
- to bury** *vb*  
to put a dead body in the ground
- a branch** *n*  
the part of a tree with leaves on it
- a shutter** *n*  
a cover for a window. It can be opened to let in the light, or closed to keep out the sun
- to rattle** *vb*  
when something "rattles", it makes short sharp knocking sounds because it's hitting against something
- to whistle** *vb*  
if something "whistles", it makes a loud, high sound
- a handle** *n*  
the part of a door you turn when you want to open it
- to glide** *vb*  
if you "glide" somewhere, you move there in a smooth, silent way
- to howl** *vb*  
if a person "howls", they make a long, loud cry because they're angry or unhappy, or in pain
- to slither** *vb*  
if you "slither" somewhere, you move there by twisting and turning your body, as a snake does
- to strangle** *vb*  
if A "strangles" B, A puts his/her hands around B's neck and applies pressure so B can't breathe

Answers on page 44

### 1 Pre-reading

You're going to listen to a horror story called "The Golden Hand". What do you think the golden hand is? Who owns it? What happens to it? Make notes.

### 2 Reading I

Read or listen to the story once to compare your ideas from the Pre-reading activity.

### 3 Reading II

Read or listen to the story again. Then, try writing a 100-word summary of it. Later, try giving a short spoken summary of it to a friend. Try to do it without referring back to the original story.

**Think about it** What wars has your country been involved in? When did they take place? Why did they happen? What was the outcome? What wars are going on at the moment? Why did they start? How could they be ended? What could be done to prevent wars from starting? How important is the UN in preventing wars? What can be done about war refugees? Why do some people refuse to fight in wars? Are their reasons for not fighting justifiable? Why? Why not?

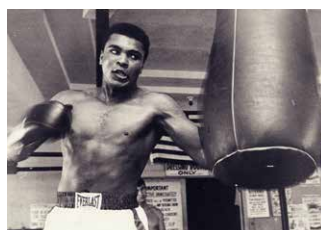
**Exams** This reading and listening activity will help prepare you for English exams such as CAE, IELTS and TOEFL.

TRACK 23: ENGLISHMAN & SCOTSWOMAN



# TWO MEN WHO WOULDN'T FIGHT!

**W**ould you go to war for your country? Millions of people do. But occasionally, some refuse to fight. They're known as conscientious objectors. Two of the most famous from the USA are Muhammad Ali and Desmond Doss.



## Muhammad Ali

Muhammad Ali was a professional boxer and one of the most **outstanding** sports figures of the 20th century. He was born on 17th January 1942 in Louisville (Kentucky) and began training as an amateur boxer when he was 12 years old. At the age of 18, he won a gold medal in the **light heavyweight** division at the 1960 Summer Olympics in Rome. He turned professional later that year. At the age of 22, in 1964, he became the world **heavyweight** champion.

In 1965, he converted to Islam and officially changed his name to Muhammad Ali (his original birth name had been Cassius Clay, which he called his "slave name"). Shortly after, he was **called up** for military service to fight in the Vietnam War. He was firmly against the idea. "My enemy is the white people, not the Viet Cong," he explained. "**You my opposer** [sic] when I want freedom. You my opposer when I want justice. You my opposer when I want

equality... you want me to go somewhere and fight, but you won't even **stand up for me** here at home?"

After refusing to enlist during a sign-up ceremony in April 1967, Muhammad was arrested. He was found guilty of **draft evasion**, and **stripped** of his boxing titles. As a result, he didn't fight from March 1967 to October 1970. He later became a symbol of the anti-war movement and racial injustice. In 1971, his conviction was **overturned** by the US Supreme Court. Muhammad Ali died on 3rd June 2016.



## Desmond Doss

Desmond Doss was born on 7th February 1919 in Lynchburg (Virginia). His mother raised him as a **Seventh-day Adventist**, and taught him about non-violence. Desmond entered military service on 1st April 1942 at Camp Lee (Virginia), and was sent to Fort Jackson in South Carolina for training with the 77th Infantry Division. However, during his time there, he informed his superiors that he couldn't carry a **weapon** into **combat** because of his beliefs as a Seventh-day Adventist.

As a result, Desmond became an army **medic**. While serving with his platoon in 1944, he performed many acts of bravery. And during

the Battle of Okinawa, he saved the lives of 75 **wounded** soldiers who were trapped on top of a hill. Desmond was wounded four times, and was eventually evacuated on 21st May 1945 aboard the USS Mercy.

On 12th October 1945, Desmond Doss received the Medal of Honor from President Harry S. Truman. He became the first conscientious objector to receive the award. There's a film of Desmond's life and war experiences called *Hacksaw Ridge* (2016). It's directed by Mel Gibson and stars Andrew Garfield in the lead role. Desmond Doss died on 23rd March 2006 at his home in Piedmont, Alabama. ✚

## GLOSSARY

- outstanding** *adj*  
If you describe someone as "outstanding", you think they're special and impressive
- light heavyweight** *n*  
a boxer with a weight limit of 79.5 kilograms
- heavyweight** *n*  
a boxer who weighs more than 79.5 kilograms
- to call up** *phr vb*  
If someone is "called up", they're ordered to join the armed forces
- you my opposer** *exp informal*  
although not Standard English, this phrase means: "you are the person who opposes me", which means, "you are the person who is fighting against me"
- to stand up for someone** *phr vb*  
to defend someone
- draft evasion** *n*  
the "draft" is an order to join the armed forces. "Draft evasion" is the act of not joining the armed forces
- to strip** *vb*  
if someone is "stripped" of their titles, their titles are taken away from them
- to overturn** *vb*  
if a legal decision is "overturned", it's changed. So, someone who was guilty of a crime is now innocent, for example
- a Seventh-day Adventist** *n*  
a person who is a member of a type of protestant religion that believes in the second coming (the advent) of Jesus Christ
- a weapon** *n*  
an object that can kill people: a gun, a pistol, a machine gun, etc.
- combat** *n*  
war, fighting
- a medic** *n*  
a doctor who works with the armed forces, treating wounded soldiers, etc.
- to wound** *vb*  
if you're "wounded", a part of your body is cut, etc.

Answers on page 44

## 1 Pre-reading

What do you think it must be like to fight in a war? In what ways could it be so terrifying or bad? Why might someone refuse to fight in a war? Think of as many reasons as you can.

## 2 Reading I

You're going to read an article about two famous conscientious objectors. Read the article once. In what way are they similar? In what ways are they different? Do you think their reasons for not fighting were justifiable?

## 3 Reading II

Read the article again. Then, answer the questions.

1. Who did Muhammad Ali consider his "enemy"? Why?
2. What were the consequences of his refusal to join the armed forces?
3. What did he become a symbol of while he couldn't compete?
4. Why couldn't Desmond Doss take a weapon into combat?
5. What act of bravery did he perform during the Battle of Okinawa?
6. What was unusual about the award he received from President Harry S. Truman?



Complete the sentences (1 to 8) with the words from below.

features    anyway    wants    lower    prices    less    product    car

## 1 Find out

If you "find out" information, you discover it.  
"It's important to find out what the customer \_\_\_\_\_ and needs before you try selling to them."



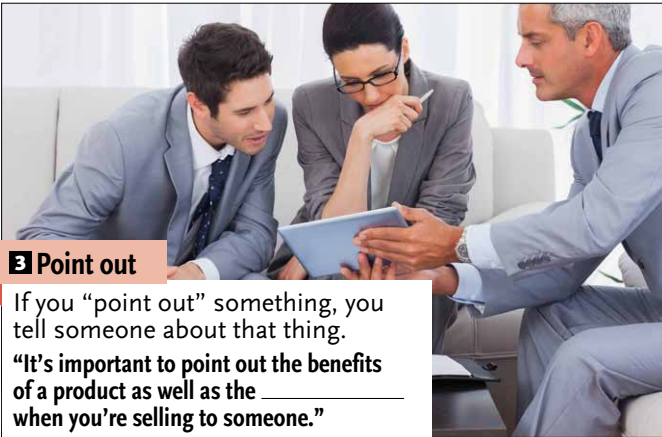
## 2 Pitch to

If you "pitch to" someone, you attempt to sell to them.  
"I pitched the \_\_\_\_\_ to them, but they weren't interested."



## 3 Point out

If you "point out" something, you tell someone about that thing.  
"It's important to point out the benefits of a product as well as the \_\_\_\_\_ when you're selling to someone."



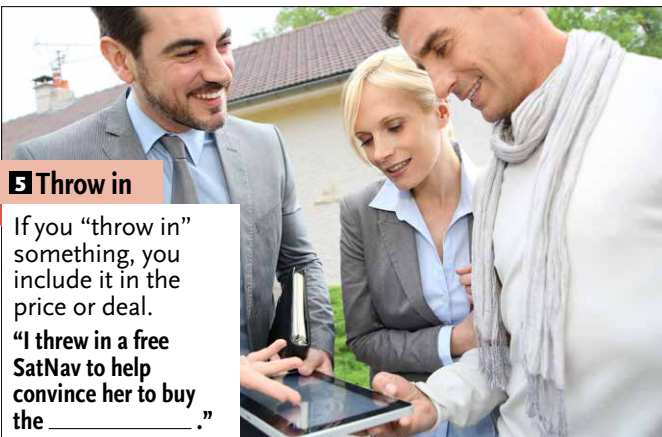
## 4 Put off

If something "puts you off" buying a product, it makes you not want to buy that product.  
"I think the customers were put off by the high \_\_\_\_\_ and lack of customer service."



## 5 Throw in

If you "throw in" something, you include it in the price or deal.  
"I threw in a free SatNav to help convince her to buy the \_\_\_\_\_."



## 6 Knock off

If you "knock off" an amount from the total price, you reduce the price by this amount.  
"I've already knocked 20% off the price. I can't possibly go any \_\_\_\_\_!"



## 7 Put pressure on

If you "put pressure on" someone, you try to persuade them to do something, often by using aggressive tactics.  
"We put a lot of pressure on them not to go with the competition, but they did it \_\_\_\_\_."



## 8 Turn down

If you "turn down" an offer, you say that you aren't interested in it.  
"They turned down our offer to do the building work for 10% \_\_\_\_\_."



**Objective** To improve your reading and listening skills.

**Think about it** What are some of your happiest childhood memories? What made you happy as a child? What about when you were a teenager or young adult? What makes you happy now? What do you enjoy doing with friends? What about your family? Do you like being outside in nature? Why? Why not? What would make you really happy right now? Why?

**Exams** This listening activity will help prepare you for English exams such as CAE, IELTS and TOEFL.

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HAPPINESS IS  
FREEDOM!

Listening activity

# What makes you happy?

Audio script

Speaker 1

God, you know it's funny, the other day I received a friend request on Facebook from a friend of mine who I had not seen for about fifteen years. We were best friends in elementary school, and hung out all the time, and suddenly I had a friend request from him and we just started talking and absolutely reconnected, and started chatting again and just talked about our lives, what's happened in the last fifteen years. Ah, and then we ended up meeting up like two days ago seriously for lunch and it was just awesome to see him again and so for me, just staying in contact with friends whether they're from your far past or from your near past, from college or whatever, is really awesome. Just to be able to let people see what you're doing, you can see what they're doing and just to always remain connected, you know?

**Note!**

Don't read the audio script until you've completed the exercises and activities.

Answers on page 44

## 1 Pre-listening

What makes you happy? What makes you feel good? Use the following words to think of ideas: *friends, nature, events, family, food, celebrations, drink, sport, games, TV, cinema, sleep, comedians, social media...*

## 2 Listening I

You're going to listen to three people talking about things that make them happy. Listen once. Did they mention anything that you thought of for the Pre-listening activity?

## 3 Listening II

Listen again. Then, write a short 70-100 word summary of what makes each person happy.

Speaker 2

What makes me happy? That's a good question, you know. Do you know, one of the things that makes me very happy is being outside. I know it sounds weird, but from the age of 1, I've always wanted to do things outside. In fact, one of my first words was the word "side". Even though I didn't say "outside", I said "side". Even now, many years later, I still want to be outside, unless it's freezing and horrible. And so I'm lucky that I have a terrace outside my flat, and I do everything possible on that terrace because it's a way of being outside. So, it means I can eat

outside, I take telephone calls outside, I even work on the laptop outside. I just like being outside, and I don't like being closed in places, so, do you know, being outside makes me happy.

Speaker 3

What makes me happy? Well, definitely being able to eat whatever I want. I love candy, I love pizza, and I love a lot of it. So when I can say – oh man, like it's my birthday or something, I always say I can eat whatever I want, however much I want, and I do. And I love it. I also really like to play ping-pong. That makes me happy, to play a good game of ping-pong with somebody. Another thing I really like is to have an afternoon where I don't have to do anything. And I can just sit around, and – 'cause I hate hurrying.

I hate that, and if I can have an afternoon to myself just to read, or watch TV, or sleep... I just love being able to have the option to do nothing. Even though I probably would do something, I just like to be able to know that there's nothing pressing, I don't have to today, and it's okay. Another thing I really like is I like taking walks with my dad. We always do that, it's kind of an everyday thing when I'm home. Every day in the... well I don't go home very much in the summer, but when I'm home in the summer or at Christmastime we always take walks together, and that's always really fun. Just because I guess it's only for special occasions, when I'm there. ☆



**LUNCHTIME** (PAGE 5)

**1 Reading II**

1. Lucie; 2. Alex; 3. John; 4. Pablo;  
5. Lucie; 6. Alex; 7. John; 8. Pablo

**GHOST TOWNS** (PAGE 6)

**1 Reading II**

1. Hashima Island; 2. Craco;  
3. Bodie; 4. Tianducheng;  
5. Pripyat; 6. Tianducheng;  
7. Pripyat; 8. Bodie; 9. Craco;  
10. Hashima Island

**YOGA** (PAGE 7)

**1 Reading II**

1. balance; 2. flexible; 3. mind;  
4. strength; 5. physically;  
6. backache; 7. work; 8. joints

**PRACTICAL ENGLISH**

(PAGES 10-11)

**Activity I**

1. a feeling; 2. an opinion; 3. a fact

**Activity II** (other options could also be correct)

1. **B:** So, are you saying we need to organise some workshops?  
2. **B:** So, what you're saying is that everyone just did what they wanted.  
3. **B:** So, you seem to be saying that because of a lack of manpower, we won't meet the deadline.  
4. **B:** So, you're saying that the project is too much for just one person.  
5. **B:** So, are you suggesting that we should take advantage of this offer before it expires?

**LISTENING** (PAGE 12)

**1 Listening II**

1. within 24 hours; 2. marks.  
collins@verify.com; 3. from 21st

- March until 7th April;  
4. 639 205 489; 5. her colleague;  
6. 1st March; 7. have a great day!  
8. www.pilton.com

**BANNED THINGS** (PAGE 14)

**1 Reading II**

1. run out of fuel and walk along a motorway; 2. 7,000; 3. in 2016;  
4. die; 5. blue denim jeans;  
6. Kinder Eggs; 7. tight clothing or Lycra

**NAUGHTY EMPLOYEES** (PAGE 15)

**1 Reading II**

1. a store cupboard; 2. the police;  
3. some customers; 4. Diet Coke;  
5. a joint; 6. he smoked it;  
7. because he was sick;  
8. the beach

**SALT** (PAGE 16)

**1 Reading II**

1. Fat, cholesterol and other substances are known as plaque  
2. It causes the walls of the arteries to thicken.  
3. It makes it harder for blood to flow through the arteries.  
4. They respond by growing bigger.  
5. It can cause a stroke.  
6. Coronary heart disease can develop.  
7. It helps the body store and use the sugar and fat from food.  
8. When the pancreas fails to produce enough or any insulin.

**LISTENING** (PAGE 17)

**1 Pre-listening**

- 1e 2c 3f 4a 5h 6g 7b 8d

**Listening II**

- 1a 2b 3a 4a 5a 6b

**TRAVEL ENGLISH** (PAGE 19)

1. coupons; 2. rides; 3. map;  
4. queuing; 5. amphitheatre;  
6. house; 7. turnstile; 8. tables

**HOW TO LISTEN** (PAGE 24-25)

**Exercise**

- 1C 2Pr 3Pa 4C 5Pr 6Pa 7Pr  
8Pa 9C

**APRIL FOOL'S DAY JOKES**

(PAGE 26)

**1 Reading II**

1. Soviet President Mikhail Gorbachev; 2. his chin; 3. in tribute to the victims of the plague; 4. tourists and Venetians;  
5. bright shades of red, yellow, blue and green; 6. to use helium;  
7. sucking in helium from a balloon; 8. not to try it at home

**SILLY CRIMINALS** (PAGE 27)

**2 Reading I**

1. because it hadn't worked;  
2. he shot himself; 3. because they weren't available until 11am;  
4. nothing; 5. a \$20 bill;  
6. he made a \$5 loss; 7. petrol;  
8. sewage / waste water

**RIDICULOUS ACCIDENTS**

(PAGE 28)

**1 Pre-reading**

- 1e 2h 3a 4f 5d 6g 7b 8c

**2 Reading II**

1. Frank; 2. Paul; 3. Gordon;  
4. Geraldine; 5. Samantha;  
6. Natalie; 7. Paul; 8. Jenny

**LISTENING** (PAGE 30)

**Listening II**

1. 685 346 982; 2. j.nichols@resale.com; 3. 699 243 156;  
4. Saturday 23rd June;

5. 690 328 547; 6. the one that appears on Patrick's phone screen; 7. up to £5,000 a year

**GROUP TALK** (PAGE 35)

**2 Listening II**

1. Her bags were lost.  
2. Her flight was delayed for six hours.  
3. She likes to take the train as it's easier and more comfortable.  
4. He says that an hour is OK.  
5. Because everything is tax free.  
6. That you can sleep, but you never really sleep properly.

**CUTE ANIMALS** (PAGE 37)

**2 Reading II**

1. beaver; 2. sloth; 3. koala;  
4. sloth; 5. loris; 6. beaver;  
7. koala; 8. loris

**THE GOLDEN HAND** (PAGE 38)

**2 Reading II**

Student's own answer.

**CONSCIENTIOUS OBJECTORS** (PAGE 39)

**2 Reading II**

1. He viewed white people as his enemy as they were opposing him, not the Viet Cong.  
2. He was stripped of his boxing titles and couldn't fight for several years.  
3. He became a symbol of the anti-war movement and racial injustice.  
4. Because of his beliefs as a Seventh-day Adventist.  
5. He saved the lives of 75 wounded soldiers.  
6. He was the first conscientious objector to receive the Medal of Honor.

**LISTENING** (PAGE 40)

**2 Listening II**

(sample answers)

**Speaker I**

He reconnected with an old friend who he hadn't seen for 15 years. He likes Facebook because you can stay in contact with friends from the past, and you can tell people what you're doing, and you can see what they're doing.

**Speaker II**

Being outside makes her happy. She enjoys being on her terrace outside her flat, and she does everything possible on that terrace because it's a way of being outside. So, it means she can eat outside, take telephone calls outside, even work on the laptop outside. She doesn't like closed in places.

**Speaker III**

Being able to eat whatever she wants. She also likes to play ping-pong. That makes her happy. Another thing she really like is to have an afternoon where she doesn't have to do anything, and she can just sit around. She likes having an afternoon to herself just to read, or watch TV, or sleep. Finally, she likes taking walks with her dad.

**PHRASAL VERBS** (PAGE 41)

1. wants; 2. product; 3. features;  
4. prices; 5. car; 6. lower; 7. anyway; 8. less

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## Lawyers

**A:** I say, I say, I say, what do lawyers wear to court?  
**B:** I don't know. What *do* lawyers wear to court?  
**A:** Lawsuits!

## The wedding

A woman is getting married in a few days. She's planning to wear the same dress her mum wore to her wedding almost 30 years ago. On the day she tries the dress on, it **fits** perfectly. Getting **emotional**, her mum starts to cry. "Don't worry," the daughter says, putting her arm around her mum's shoulders.

"You aren't losing a daughter. You're gaining a son." The mum looks up and her face changes. "Oh, forget about that!" the mum says with a **sob**. "I used to fit into that dress."

## The lie

Accountant Frank asks to speak to his boss. "I'm sorry, but I need a **day off** for my sister's wedding," Frank explains. "OK," says his boss, "but I'll need a day to think about it," she explains. The following day, she calls Frank into her office. "You are a **liar**," she says, **pointing** at Frank angrily. "I phoned

your sister yesterday and she told me she's already married." To which Frank replies, "Well, you're an even bigger liar – I don't even have a sister." ☆

## GLOSSARY

**a lawsuit** *n*  
 if A files a "lawsuit" against B, A starts a legal process against B in order to get money, etc.  
**to fit** *vb*  
 if clothing "fits" you, it's the perfect size for you  
**emotional** *adj*  
 if someone gets "emotional", they become sad and start crying  
**a sob** *n*  
 if you say something with a "sob", you're crying while you say it  
**a day off** *exp*  
 if you have a "day off", you don't go to work, often so you can do something important  
**a liar** *n*  
 someone who doesn't tell the truth  
**to point** *vb*  
 if you "point" at someone, you hold your finger in their direction

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